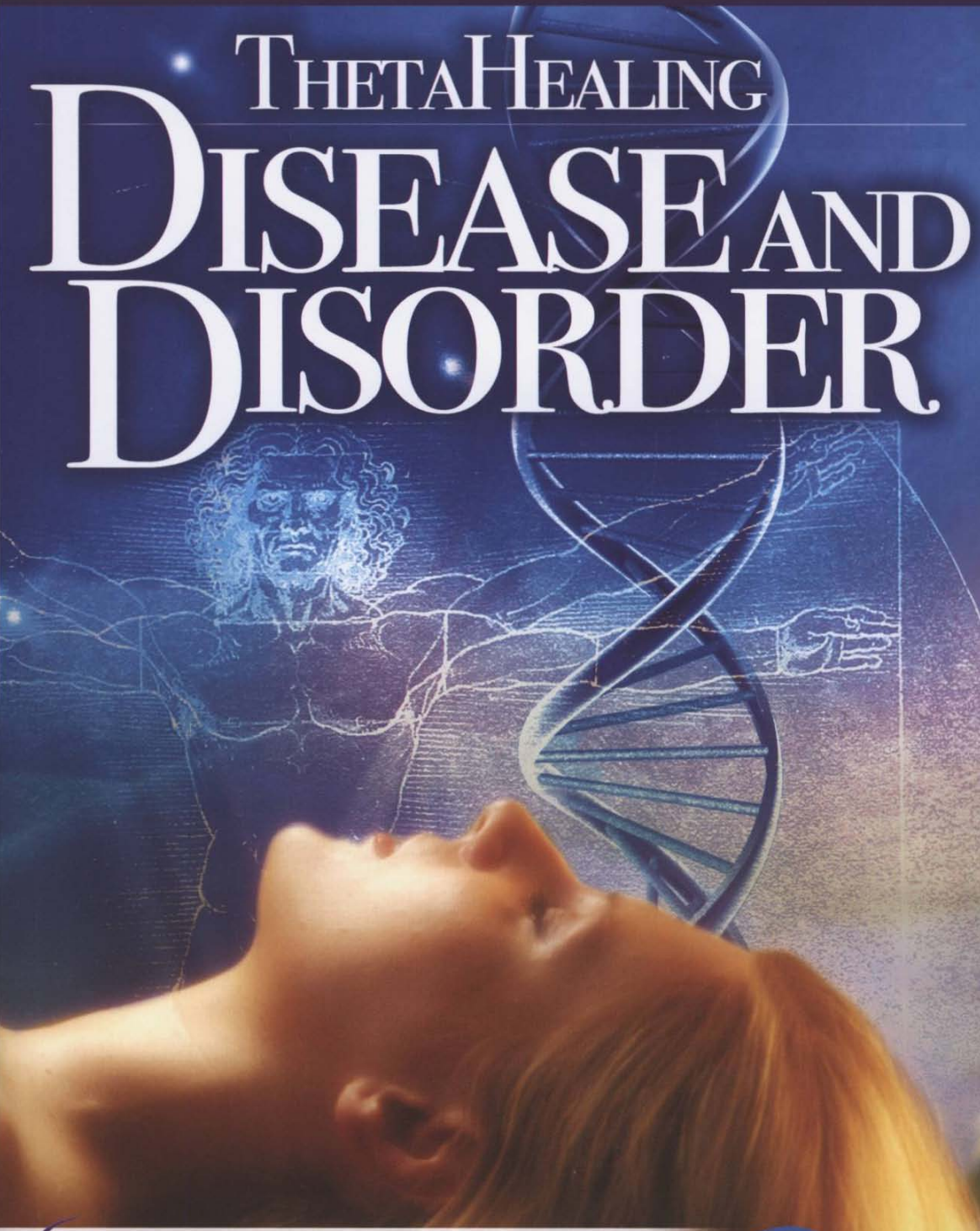
Vianna Stibal

ThetaHealing
Disease and Disorder



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This ThetaHealing Disease and Disorder manuscript is the companion to the books *ThetaHealing* and *Advanced ThetaHealing*. This book does not include the specific step by step processes that proliferate in *ThetaHealing* and *Advanced ThetaHealing*. This is why it is necessary to reach an understanding of these processes that are explained in the prior books in order to fully utilize this book.

ThetaHealing Disease and Disorder is the definitive guide to learn an in-depth understanding of releasing disease from an intuitive perspective. In this book are the Programs, Belief Systems, intuitive insights, remedies and supplements that Vianna has found to be of value as they pertain to certain diseases and disorders from experiences with over 47,000 sessions. I must thank all the wonderful clients that gave me the opportunity to learn the information that has finally come to rest, compiled in this book for posterity. May this knowledge be a gift for all those brave souls out there that dare to *believe*.

***ThetaHealing*™ is a**n energy healing modality founded by Vianna Stibal through a spontaneous healing from cancer. ThetaHealing™ is designed as a therapeutic self-help guide to develop the ability to change on all levels: physically, mentally, emotionally and spiritually using the theta-mind state.

ThetaHealing™ is best known for the Belief and Feeling Work. With growing scientific evidence that toxic emotion can contribute to disease and the awareness that emotions, feelings and the power of thought have a direct bearing upon our physical health, there is increasing interest in changing how the mind influences the body to create optimum health. Belief and Feeling Work empower people with the ability to remove and replace negative emotions, feelings and thoughts with positive, beneficial ones from the Core, Genetic, History and Soul Levels. ThetaHealing can be most easily described as an attainable miracle for your life. The classes and books of Thetahealing™ are designed as a self-help guide to connect to our ability to heal using the *Theta* brainwave through a connection to the Creator of All That Is.

The ThetaHealing Institute of Knowledge (THInK) is dedicated to the certification of ThetaHealing Instructors and the development of ThetaHealing United World Wide. Based in Ammon Idaho, the Institute has certified Instructors and Practitioners around the world.

I believe that ThetaHealing is the most powerful, profound and potent healing paradigm on the planet at this time. This ThetaHealing Disease and Disorder Book is a *must read* for every person whether you are a healer or you just want to heal yourself. It teaches the reader what holds a person back from fully and completely healing on every level.
The knowledge in this book that Vianna Stibal is sharing with the world is a sacred gift for all human beings. Upon reading this book a person can totally be empowered to navigate and the use the compass of their own DNA Blueprint to become totally healthy, emotionally, mentally, physically, physiologically, psychologically, and spiritually. I am living proof of this as are my peers, clients and so are my students. I love you Vianna for being who you are and teaching ThetaHealing to the world.—Marina Rose
ThetaHealing Facilitator and Teacher
Director of School of DNA ThetaHealing
L.A., NY, UK, Australia, Costa Rica

Vianna Stibal has the amazing gift of teaching, respect and appreciation for the human body and its infinite wisdom. This perspective is one that had previously eluded me even though I grew up in a medical family. Through her teachings, I have experienced these wonderful changes in my body and in my life. This incredible volume of knowledge de-mystifies and teaches the reasons for the existence of disease and how to restore vibrant harmony, becoming balanced physically, emotionally and spiritually. The simple elegance of the contents of this book puts it in the hands of anyone ready to make the change. – Deborah J. Steg, Hypnotherapist and ThetaHealing Teacher

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at
www.thetahealing.com

ThetaHealing Disease and Disorder

Vianna Stibal

THINK

THETAHEALING
INSTITUTE OF KNOWLEDGE

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Special thanks to David Flaten for the formatting of this book.

The remedies, approaches, and techniques described herein are not meant to supplement, or be a substitute for, professional medical care or treatment. You should not treat a serious medical ailment without prior consultation from a qualified healthcare professional.

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ThetaHealing Disease and Disorder

Prologue

This ThetaHealing Disease and Disorder manuscript is the companion to the books ThetaHealing and Advanced ThetaHealing. In the Book ThetaHealing, I explain the processes of the Reading, the Healing, the Belief Work, Feeling Work, Digging, Gene Work, not to mention additional knowledge for the beginner.

The book Advanced ThetaHealing gives the reader an in-depth guide to Belief, Feeling, and Digging Work. Advanced ThetaHealing gives the reader insights into The Planes of Existence and the Beliefs that I believe are essential for spiritual evolution.

This book does not include the specific step by step processes that proliferate in ThetaHealing and Advanced ThetaHealing. This is why it is necessary to reach an understanding of these processes that are explained in the prior books in order to fully utilize this book. In this book are the Programs, Belief Systems, intuitive insights, intuitive remedies and supplements that I have found to be of value as they pertain to certain diseases and disorders. I must thank all the wonderful clients that gave me the opportunity to learn the information that has finally come to rest, compiled in this book for posterity. May this knowledge be a gift for all those brave souls out there that dare to believe.

This manuscript focuses on the experiences with diseases and disorders from over 47,000 sessions. The reader will notice that I have drawn upon the knowledge of modern conventional medicine. The reason for this is because unlike some in the alternative field, I do not see doctors and prescription drugs as the enemy. I believe that we all benefit from conventional medicine. I believe that the essence of conventional medicine has its own powerful spiritual vibration and it is up to us to use it wisely. I will say however that it does have its drawbacks. One of the problems with conventional medicine is that of specialization.

One of the drawbacks of medical specialists is that they fail to recognize the synchronistic attributes of the human body. For instance, a medicine that is prescribed by a heart specialist might help the heart, but have an adverse reaction to the rest of the body. Another oversight of many medical practitioners is they fail to see that each person is different, each person is special and their reactions to medicines will be singular for them.

On the flip side, there have been incredible advancements in the development of

conventional medicine that we all benefit from. Many of us owe our very lives to conventional medicine in spite of itself. But in the field of medicine, conventional or alternative, humans have not been able to copy the life-force that suffuses all things, flows through all things and is interconnected with all things.

Our body consists of more than just matter, or cells running around with autonomic responses, communicating with each other like a "biological machine." Feelings, emotions, Beliefs and Programs influence how we behave and have dramatic affects on the body's well being, even on a cellular level. The cells in our bodies are very aware of the environment both inside and outside the body and have individual intelligences of their own, yet connected to the whole. The concept of interconnected wholeness from the smallest particle in our bodies to the farthest reaches of creation inspires me when I witness the Creator heal.

Who can say what the mysterious mechanics of a Healing are? Who knows what secrets lay in the depths of the brain? Each Healing is different for everyone. For some it might be that once the connection to the Creator is reached, the automatic response of the brain is to release a special chemical messenger to heal the body.

However, will these chemicals be accepted by the body, or rejected out of hand simply because the receptors only know how to accept negative responses? These negative receptors in the brain could be blocking messages that tell the body to heal itself.

The Belief and Feeling Work are designed to change the way that we send and receive messages in the body. When we remove and replace enough Programs in a person's brain, the right chemical messengers are released and the receptors accept the chemical message as valid.

For many years, I have observed people and ask myself why some would heal and some would not. I have found that for the most part, just the basic Healing can do amazing things. This is simplified by going up to the Creator of All That Is and commanding their body to heal. When someone comes to me with a sickness, this is the first thing that I do.

In many instances, their body miraculously heals.

As a healer using energy, you should never underestimate the power of the simple and effective technique of the Instantaneous Healing. Some people are not prepared to receive an Instantaneous Healing. These people might require multiple Healings, Belief Work, the use of herbs, or according to their Beliefs, their Healing might come through conventional medicine.

Each person is different with respect to their Beliefs, but the overall patterns of emo-

tions that attract a disease to a person and are created by a specific disease within a person tend to be the same from client to client.

The following supplements, Beliefs, Programs, and Downloads in this book are what I have found that have made a difference in my sessions with clients. This text is a compilation of what I do for the different diseases and what I have seen actually work.

From the first time that I had an Instantaneous Healing my curiosity has always been the same; "what made my leg heal so fast?" Years later I was diagnosed with congestive heart failure. Yet again I found another way to make my heart heal incredibly fast. Once again I asked the same question, "what made my body heal so fast?" Perhaps the correct question should be "why did I have to get sick in the first place?" As always, the Creator answered me with the same patience. I was told, "Vianna you have a resilient body. You should bless your body. Encourage your body, don't discourage it." I will do my best to answer these questions throughout this book. Hopefully you'll understand where I'm coming from.

For every client that comes in for a Healing, the first thing I do is connect to the Seventh Plane to the energy of All That Is. Once there, I ask the Creator to change what is wrong in the person's body. Amazingly, the body always responds in some way. At this point I can sense whether the body reacts negatively or positively to the Healing. If the person is apathetic, or if they're using some type of chemical such as morphine, the Healing seems to sputter through the body; achieving some results, but not the Instantaneous Healing we are after. I've discovered that certain drugs may inhibit intuitive Healings. We will discuss this aspect of Healing later. For the most part I'm amazed at how many people benefit from intuitive Healings. No matter what the disease, it is still what we believe inside that makes the difference. If we believe it's possible, the body will respond. The problem can be the healer. If the healer believes that one illness is worse than another or if they believe that it's going to be difficult or impossible, then the Healing is stopped then and there. Throughout this book, as we talk about diseases and the associated Beliefs you may have pertaining to them, it is best to find out how you feel towards certain diseases. You may harbor certain fears, doubts and dis-beliefs associated with certain diseases that will block the Healing process. It is paramount that the healer believes that it is possible for the person to heal.

Stay Open

The majority of people that come to me for a Healing improve immediately. Some actually heal instantly and in many instances these are diseases that you would never

have imagined could have been resolved so easily. This is why it is important to stay open to all possibilities. After you have done a Healing session with a person, you need to have the person go to their doctor and get checked to make sure they are improving. This is a very important facet of the Healing process.

Self Healing

One important aspect in ThetaHealing is that Self-Healing allows the client to feel that they are taking control of their disease. ThetaHealing is designed to self empower the individual with the ability to bring the Creator into themselves in order to release Beliefs, instill Feelings and witness Healings. For some people, Self Healing works better than working with another person.

After the Illness

One thing I have found is that anyone who has a long-term injury or illness needs to write a goal stating what they are going to do when they've finished with the illness. More often than not, when people are finished with the illness and the cancer is gone, (or whatever problem they had) they will look at me and say,"Now what?" They have spent so many years working on their illness that they have no idea what to do next. Always encourage people to think about and plan for the future after the disease.

The Disease Speaks

With regards to the healer-client relationship, it is valuable to understand that you have to determine whether it is the sickness that is talking to you or the actual person. People don't always change their personality when they are sick, but in most cases I have found that many diseases have a tendency to match the personalities of those people that have it. Even if there is a complete and perfect Instantaneous Healing on a person, that person may go away and five months later they will deny the existence of the Creator. People are strange that way. Then there is the person that becomes so comfortable with the healer-client relationship that they do not want it to end.

Doctors and the Diagnosis

In Western society, most doctors and patients do not realize how much power we give to our doctors. We wait with bated breath on every word the doctor says and believe what we are told. In our society, the doctor knows all. Proper discernment of what we are told by our doctor is important, as well as the knowledge that there are always alternatives, other opinions and other doctors. Doctors are like us, with positive and negative attributes and in the end it is still our decision to accept an opinion that is suggested by a health care provider. Be careful of the acceptance of negative statements from a doctor as the ultimate truth.

On the flip side of the coin, there is the story of the person in the hospital dying of a mysterious malady. None of the doctors in the hospital could diagnose the challenge that was affecting the man (much to the consternation of the patient.) Then one day, as the man lay in bed, a surgeon visited him while making his rounds with a group of interns in tow. After looking over the sick man's chart and talking with him for a bit, the surgeon turned to leave. As he did so, he turned to the interns and spoke the word "Morto". Strangely, at that point, his illness began to improve. He improved so much that he got up and left the hospital. When asked by a friend the reason for his recovery, the man answered, "I finally found out what I had." It seems that from the moment that the visiting surgeon turned to the interns and spoke the word "Morto", which he interpreted to be a diagnosis on the part of the doctor, all the fear of the unknown was gone. The man could finally put a name to what was wrong with him. Once he had a name to call his disease, the fear was gone and the disease had no more power over him. Once the mystery was gone along with the fear and doubt, the disease went with it. What the man didn't know was that "Morto" is Latin for dead or death. The surgeon was indicating to his students that the man was as good as dead. Just imagine what would have happened to the man if he had understood Latin! This is just one instance of how much power we give to our heath care providers.

Microbes

ThetaHealing is designed to open up your psychic abilities to heal. The thing that most people do not realize is that being psychic and being a healer are two different skills. Putting the two together is the key.

As a body-psychic, you are expected to identify a virus in the body. As a psychic, you should practice seeing and recognizing different viruses, bacteria, parasites and heavy metals so you know what they are. In order to be a good intuitive, the client will expect you to identify these influences with accuracy.

As the healer, you are put on the spot in a different way; you do not have to know what the disease is to have the Creator heal it, you only need to know that they have something wrong. You only have to put yourself in a deep enough theta-state, to witness it changed, to witness the healing done. Regardless, the client still comes to you expecting to be instantly healed. I believe that as a healer, you watch the Creator do the work. This can have instantaneous results if there are no subconscious beliefs blocking it. Both have their pressures. The healer is expected to heal it and the psychic is expected to see inside the body and validate that they see it. If you are going to start doing Body-Readings, you are going to have to know what things look like in the body and this comes with practice. You will also need to learn how to witness a healing through the Creator of All That Is. In ThetaHealing this is called the Seventh Plane of Existence, Atanaha, All That Is or Creation. Both of the aspects, the healer and the psychic,

need to be combined as one talent in order to become a master of ThetaHealing. This is what a ThetaHealer is, a healer that uses their psychic abilities to witness a Healing through a connection to the Creator.

In this section, we will begin by exploring the influences of microbes and heavy metals in our daily lives. There is much more than we realize to bacteria, viruses, heavy metals, funguses, yeast, and parasites. This section is devoted to the concept that goes beyond the physical aspects of microbes, to illuminate the emotional and subconscious components of microbial infections and infestations. We will show how to prevail over these influences by changing Beliefs and instilling Feelings. This is an A to Z book of disorders. In order to understand these disorders, a comprehension of microbes and their energetic influences should be reached.

Microbes

There are basic rules that apply to every infectious disease:

- A harmful bacterium is attached to emotions of guilt.
- Harmful funguses is attached to the emotions of resentment.
- Harmful viruses are attached to worthiness issues.
- Mycoplasmas are attached to worthiness issues and guilt. Knowing these basic tenants gives you an idea of how to deal with these different disease-causing toxins.

In the Intuitive Anatomy Class, we go through each system in the body and discuss the most likely emotions held on each of these systems. Then we use the Belief Work to explore each of the bodies systems to release and replace the Belief-Programs as well as Downloading whatever Feelings the person needs. It is through this process that the practitioner isolates and learns the inside of the human body. This gives the practitioner an in-depth understanding of people and how they work; reaching an understanding of different diseases. It shows how diseases help us achieve our goals and are actually beneficial in some and in others bring about their demise.

Practical knowledge of microbes is necessary if you are going to be working on the human body. For many people the word microbe means germ, or some tiny little creature that doesn't fit into any real category, such as animal, vegetable, or mineral. Microbes are living things, that are simply too small to be seen with the naked eye. This group includes bacteria, fungi, protozoa and microscopic algae. It also includes viruses.

Viruses are sometimes considered non-cellular entities that are often regarded as alive, but not alive. We always tend to associate small organisms with things that make us feel uncomfortable, like infections or diseases, but the majority of microorganisms are crucial to the welfare of this world. Without them we simply could not live.

Some microbes help break down water, incorporate nitrogen in from the air, digest our food, absorb vitamins and help us create useful chemicals in our body. Most of the microbes on earth are actually good. Only a small number of microbes are considered pathogenic, meaning disease producing.

Today we understand that microorganisms are found almost everywhere, but is wasn't very long ago, before the invention of the microscope, that thousands of people died in epidemics, from food spoilage and other related aspects because there were no antibiotics. In fact, people would die simply because they didn't understand the need to wash their hands while delivering a baby.

Germ theories were difficult to prove, because people didn't believe that something existed if you couldn't see it.

Every single day, during my Readings I see some of the most remarkable things going on in the human body. I watch microbes, bacteria and fungi cause people to become extremely sick. The one thing that most people in metaphysics seem to believe is that they have done something wrong and that they must have this illness. This seems to be a genetic belief that dates back to medieval times before the understanding of microorganisms. Please understand that everything is not based on Karma. Whether you lead a good life or a bad one, exposure to pathogenic microbes can still make you sick.

It would be accurate to say that if our minds and bodies are in true sequence with one another, if we are balanced emotionally, if we live in a clean environment, we can resist many illnesses. However, the truth is that some diseases are caused by exposure to environmental illnesses, radiation, toxins, mercury and microbes.

In this chapter we are going to discuss some of these microbes, so you understand when you look inside someone's body and see illness, it may not be because they have been unkind to their loved ones, but because they drink water that is contaminated with microbes. The key is what Belief inspired the person to drink the water in the first place.

Microbes-Downloads

- I have the Creator's definition of how and when to say "no."
- I know what it feels like to be listened to.
- I understand what it feels like to be heard.
- I know what it feels like to live without being constantly angry.
- I know what it feels like to live without allowing people to suck me dry.
- I know how to live without allowing people that I love to take advantage of me.
- I understand what it feels like to live without being overwhelmed.
- I know how to live without being miserable.
- I know how to interact with others.

Always follow up this list by doing further Belief and Feeling Work with the Digging Work. These are just ideas to work on. Remember, every individual is different, so ask the "Creator of All That Is" what the person you're working with needs to help them heal.

Bacteria

A bacteria is any group of microscopic organisms that are prokaryotic, i.e., that lack a membrane-bound nucleus and organelles. They are unicellular (one-celled) and may have spherical (coccus), rod-like (bacillus), or curved (vibrio, spirillum, or spirochete) bodies.

Bacteria are relatively simple, single celled organisms. A bacterium is a unicellular organism with genetic material not enclosed in a nuclear membrane. For this reason bacterium is called prokaryote, which is Greek for 'pre-nucleus'. Most bacteria range between a few basic shapes. The Caucus comes from a word that means 'berries' so this form of bacteria looks like berries. An example would be streptococci, or strep, which looks like a string of berries. I have found that Staph or Strep can actually function as one unit. Sometimes bacteria create a protective layer around itself to protect it against antibiotics.

Researchers at the University of Montana found a source of reoccurring Staphylococcus Erectus that was growing in a man's pacemaker. The colony was resistant to penicillin because a 'slime' layer it had created protected it. The penicillin affected any cells that broke away from this protection, while those that remained inside this layer were safe. Physical removal was the only option in this case.

The best way we have found to destroy bacteria is to destroy the cell wall.

Understand that you cannot command all of the bacteria in the body to disappear. When you make a command like this you will hear laughter. This laughter is the amusement of the universe. You see, the body uses and needs some of the bacteria that is present. You cannot command all of the harmful bacteria to be gone. Always command balance in the body. Otherwise be very specific about what bacteria you want removed from the body.

Bacteria that causes challenges in the body can shift to beneficial bacteria when the body is alkaline balanced. It only turns into detrimental bacteria when the body is out of balance. A bacterium is a one-cell energy that works as a collective consciousness with the whole group so they actually work together.

When I go up and ask the Creator to change a Belief System on a person, I am sure

to witness it change in every cell in the body. I make sure that every cell knows what is going on. This creates a condition which the bacteria cannot live in the body anymore, but the bacteria doesn't die away, it transforms. If I change the Belief System on the bacteria, it will change through the whole body.

I know that you have to experience the negative and the positive in life to understand what duality is. It's balance. Most of you have already experienced sadness, sorrow, depression and other emotions. This is because sometimes, our spirit may choose to experience the negative first and then the positive. The more positive information we put into our bodies, the faster it will heal. If you pull Belief Systems like "I have to be lonely" or "I have to be sad" and replace them with new Beliefs, then viruses and the bacteria can't stay. We must not forget that positive Feelings and Programs can also cause sickness. An example of these Programs would be: I have to be sick to bring my family together. This is why the implementation of the Digging Work is so important.

Bacteria-Intuitive Remedy

Bacteria is easy to get rid of intuitively. Make the command "Creator, change this and show me." Witness the Healing as done.

Bacteria-Belief Work-Downloads

- Guilt issues hold bacteria in the body.
- I know what it feels like to live without guilt.
- I know how to live without holding on to guilt.
- I know how to live without feeling guilty for who I am.
- I know how to live without feeling guilty for the way my body looks.
- I know how to live without feeling guilty for everything my parents have taught me.
- I know what a friend is.
- I know how to have friends.
- I know how to be a friend.
- I know how to be a friend without feeling guilty.
- I know how to be accountable for my actions.
- I make decisions easily.

Bacteria and Emotions

One of the reasons that bacteria is able to enter into the system is because of unbalanced emotions. If you are angry or in fear all the time, your immune system works harder. If these feelings of anger or fear continue, they have a tendency to exhaust the immune system. This is how emotions deplete the body. At other times the emotions of fear and anger can be beneficial as survival reflexes. This is what they were designed

for. However, they were not designed for continual, compulsive overuse. These negative emotions become positive if kept in balance. It can make you sick if you never express your anger and hold it inside. The ability to express your anger in a positive fashion is beneficial.

Viruses

A virus is an infectious agent small in size and of simple composition that can multiply only in living cells of animals, plants, or bacteria. The name is from a Latin word meaning "simply liquid" or "poison".

Viruses either have RNA or DNA. They don't have both. It uses its host to reproduce itself. Because viruses depend on their host to provide the function of multiplication, it is very difficult to destroy a virus. One thing that the body will create to fight off a virus is interferon. Interferon is actually an antiviral protein. This protein is created in the cell and is designed to interfere with the multiplication process. The human body creates three different types of Interferon: Alpha, Beta and Gamma. The different types are formed according to the types of cells that are infected. A virus can remain in a host for long periods of time before actually producing a disease. Some may never display symptoms or an illness. An example would be the herpes virus. Although many people carry this virus, only around 15% will ever display symptoms.

Viruses can cause several forms of cancer. Almost anything that can alter the genetic material of a cell can be cancer causing. The alterations affect parts of the genome called oncgenesis. Some of these groups include herpes, poxviridae and hepatitis.

Viruses-Intuitive Insights

Worthiness issues hold viruses in the body. The virus projects thoughts to the host to prolong the duration of its life. Many people are immune to viral and other sexual diseases when they feel good about themselves and refuse to accept the disease. This may not have anything to do with how the person feels about sex, but rather, with how they feel about themselves at the time. I believe that the things that hold viruses to your body are worthiness issues; some viruses have fear issues associated with them as well.

Viruses Share Beliefs with the Host

We attract diseases to us in the same way that other people are drawn to us; through parallel Belief Systems. Because we have the same Belief System as the virus, bacteria, yeast or fungus, it is attracted to and attaches to us. Take a good look at yourself. Do you attract the human equivalent of parasitic energies? I know this is a broad concept and a bold statement, but let me tell you a story.

When I first started to seriously do Healings in the early stages of Belief Work, I

worked with a woman who had herpes. She periodically came in for Healings to clear it, but it wouldn't permanently go away. I witnessed the Creator send a tone into her body. This tone, or perhaps I should say vibration, would put the virus into remission for a while, but then it came back. Every time the herpes came back she came in for a Healing. During a Reading the Creator told me to witness the same Beliefs that were being released from her to be released on the herpes virus as well, instead of treating it as if it was a separate entity. So, I witnessed the Feeling Program of "I am worthy of God's love" come in. Then I witnessed the Feeling of Gods love come in and witnessed the virus instilled with the same Feeling. I pulled and replaced more Belief Systems around and in the virus. As I did so, I watched the virus change into something completely different and leave the body. She went to the doctor and was tested to see if her herpes was gone. The tests all came up negative for herpes and it has never returned.

Viruses have the ability to tap into the human group consciousness and are drawn to a particular person because they share the same Programs as the "host" they infect. In some instances, viruses are held and hidden on different Belief Levels. When you are in a Belief Work session with a client, there may be an signal that they have a virus.

Remember that a virus is an alien invader in every cell. Psychically and microscopically, a virus may look like a robot. The intuitive might perceive the virus as an alien invader, but anything that is alien to the body will come up as an alien invader.

Every virus has the ability to quickly change and mutate to something different in order to survive. At one time, I used a tone or vibration to destroy the virus. This tone comes from the Sixth Plane. But I learned that to guard ourselves from viruses, we change the Beliefs that are drawing them to us and then mutate the virus with Belief Work at the same time. This changes the Belief System of the virus so that it does not have to attack us to survive, thus transmuting it to a life form harmless to the host. Since microbes have a group consciousness, all we need to do to protect ourselves from contracting them is to change our group consciousness so that microbes will have no need to be drawn to our emotions.

We do not want to make viruses our enemy and command that they all be gone since viruses could be to our benefit. Rather, we should witness the virus changed to a form that is harmless. A virus goes through the cell wall and uses our DNA or RNA to replicate itself, so it can get to the nucleus of the cell. This is where I made a discovery. There is some kind of micro plasma organism that attacks the mitochondria and causes sicknesses. The mitochondrion has its own DNA and this must also be worked on as well. This is present in anyone that I have seen who has muscular dystrophy.

In the grand scheme of life, we are drawn to one another's negative attributes that we

share as well as positive qualities. Viruses are drawn to the negative attributes of the person, because negativity makes a person weak on all levels: physically, mentally and spiritually.

Viruses use us as the vocal communicator for survival. The older the virus is, the smarter it is. Younger viruses, such as AIDS, are not very developed, since these viruses kill their host.

Intuitive people need to be aware that through the symbiosis between host and virus, the virus will learn to send thought forms to the host in an attempt to control the host, such as persuading the person to stop taking medication that is killing the virus or bacteria. Once again, ask the Creator what is truly going on in the situation.

Viruses and Bacteria Held on the Belief Levels- Intuitive Remedies

Viruses and bacteria can tap into human group consciousness. They are drawn to individuals because they share the same negative programs as the "host" they infect. Work on the beliefs of the person and the virus will change.

Herpes and Hepatitis look like little robots when seen intuitively, so it is good to remember that what you are seeing are not aliens, but rather viruses, a different type of invader. Check to see if the person believes that sickness is punishment or has Programs of "I should be sick." The virus is attracted to you when you and the virus carry the same Belief Systems. The virus has four levels of Belief Systems, much as humans. Ask the "Creator of All That Is" what Feelings to work on so that it will change to a form harmless to the host.

Viruses-Downloads

- I know what it feels like to live being worthy of the Creator's love.
- I know I am worthy of the Creator's love.
- I know I am worthy to have a compatible soul mate.
- I know it is possible to be worthy of the love of a compatible soul mate.
- I know what it feels like to see truth.
- I know what the Creator's power is.
- I know what it feels like to be totally connected to the Creator.
- I know what it feels like to live without panic.
- I know what it feels like to trust myself.
- I know how to live without panic.
- I know with the Creator anything is possible.
- I know that I am worthy and deserve a good life.

- I know the difference between my feelings and someone else's.
- I know the difference between my thoughts and someone else's.

Heavy Metals

Viruses and bacteria are drawn to heavy metals because of the weakness that they cause in the body. The body is made up of heavy metals, such as zinc, calcium and magnesium, but some metals are not meant for the human body, such as aluminum and mercury. These heavy metals are poisonous and may be the source of many sicknesses in the body. For the person with heavy metals, it is suggested to use something to gently clear the body.

If you are in a person's space doing a body scan and you see shiny flecks in their body, it may mean that they have heavy metals. Calcium, magnesium, zinc, Alpha Lipoic Acid (ALA), Omega 3, COQ10 and lots of greens have been found to take unwanted heavy metals out of the body. Clean the body by asking the Creator how to clear them in the highest and best way. When you detoxify from heavy metals, you pull out old memories and the feelings attached to them.

Heavy Metals-Intuitive Remedies

When you detoxify from heavy metals, you pull out old memories attached to them, so be aware that the person may "act out" these emotional memories. The healer should not command all heavy metals from the body to be gone since we are made of heavy metals, (elements) such as calcium and zinc. They are a vital part of our molecular structure. It is best to ask the Creator of All That Is what to do, since everyone is different and toxins should be pulled out of the body at a rate tailored to the individual.

Aluminum: There are many different kinds of aluminum. Aluminum can be a cause of Alzheimer's and Parkinson's.

Fluoride: It makes a person age quicker and leaves deposits in the body.
Iron: Naturally oxidizes in the body. High levels are poisonous.
Lead: Causes depression, insanity, cancer and immunological diseases.

Manganese: Manganese is needed to regulate sugars in the body, but too much can make you go crazy. Psychopathic killers have very high levels in their brain.

Mercury: Mercury makes you depressed and it can cause many cancers. It may bind to other heavy metals in the body. Ask the Creator of All That Is to show it to you. Any amount is poisonous. Selenium, coriander or pectin pulls out mercury from the body. These substances bind to the mercury in amalgam fillings and leech out mercury from the fillings. For this reason, it is suggested to take out amalgam fillings first, then do the cleansing. There are specific Beliefs for heavy metals in the A to Z section.

Silver: Naturally oxidizes in the body. High levels are poisonous. Over-use of colloidal silver will turn the skin blue.

Heavy Metals-Supplements

To get unwanted toxic heavy metals out of the body take calcium, magnesium, zinc, ALA, Omega 3, COQ10 and lots of greens. Clean the body by asking the Creator how to clear them in the highest and best way. For specific Beliefs and Feelings see Lead and Mercury.

Fungus

People are getting fungus infections more than ever before. Fungi are becoming one of the leading causes of infections in hospitals. People who have been on antibiotics for extended periods of time are especially susceptible to fungi. Fungi grow in acidic, low moisture, aerobic environments. It can grow on the skin, hair, nails, or inside the body. A fungus is asexual and its gender will change according to environmental temperature.

Fungus infections can affect all organs of the body. If the person has a fungus, they should consider removing white flour and sugar from their diet and consider an alkaline diet. Some sinus infections are caused by fungus. Mold problems are common. Black mold in houses are only now beginning to get attention from public officials for the health hazard that it is. All fungus is connected to resentment issues.

Fungus-Intuitive Programs

Fungus projects programs of "I'll do it later." Through this projection, the person thinks these feelings of procrastination are their own thoughts. When seen intuitively in the body, fungus has a range of many colors, depending on what type of fungus it is. It is seen as cloudy colorations in the lungs (bacterial and viral infections look different). Dead and dying fungus is seen as a black cloudy substance. Since all fungus is tied to resentment issues, you should clear the issues and the fungus goes away.

Fungus-Intuitive Remedy

Ask the Creator to "Change it and show me" and witness it being done. Pertaining to Belief Work, the best way to deal with a fungus is to change it to a harmless form. You can change a fungus into a harmless form in the body by just saying "Creator, show me what needs to be done and change this now." However, you must first find and release the associated Beliefs that hold it. If you find the Bottom Beliefs that hold it, it will change in just seconds. The Beliefs that hold it usually all have to do with resentment. The person must find out how this resentment is serving them. If you make the command to change it without finding the Bottom Beliefs that are associated with it, the client could go through a healing crisis from the terrible die off of the fungus.

Fungus-Beliefs

- I know what it feels like to live without resentment.
- I know how to live without resenting my body.
- I know how to live without resenting my parents.
- I know how to live without resenting my friends.
- I know how to live without resenting my mate.
- I know it is possible to live without resenting the people around me.

Fungus-Herbals

- Tea Tree oil (use topically only).
- Noni.
- Eucalyptus is anti-fungal/antibacterial (use topically only).
- Olive leaf extract.
- Pau d'arco
- Fungus- Mineral Remedies
- Calcium-magnesium helps to ward off fungus.

Yeast

Yeast requires special mention. It can cause illnesses such as asthma, weakness, headaches and fatigue. Yeast also creates acetaldehyde, which is the waste product of yeast. Unable to break down in the body, it simply is stored in the body and eventually becomes toxic. Molybdenum will break down this chemical and may need to be taken in small doses. Yeast craves sugars. Sugars are what it needs to survive in the body. Many people have yeast problems and should consider an alkaline-acidic balanced diet. Yeast is a problem when a person is too critical or resentful towards themselves or others. Antibiotics can cause yeast infections.

Yeast-Downloads

Yeast is attracted to and held by anger and resentment issues.

- I know what it feels like to be in a loving environment.
- I know what it feels like to be appreciated.
- I know how to live my life without resenting myself and others.
- I know what it feels like to understand what a person thinks and feels.
- I know it is safe to see intuitively in the body.
- I know what it feels like to witness intuitive changes in yeast and fungus.

Yeast-Intuitive Remedy

It is not advised to intuitively command all the yeast in a person's body to die. The body needs a certain amount of yeast to function. Intuitively, yeast looks like a dusty, misty or cloudy energy in the body. An over abundance of yeast in the body can cause

weight gain in some people. Yeast in the colon affects the sinuses. Alkaline diets are good to control yeast.

Parasites

For the healer, it is necessary to recognize that the person that is infested with parasites is influenced on more than a physical level. The parasites are drawn to our thought processes that block our development on all levels: physically, emotionally, mentally and spiritually. Once inside us, they relay feelings to us to ensure their own survival, particularly as they die off in a parasite cleanse. They transmit feelings of "I am dying" to the host, releasing this feeling into the system, causing the host to believe that they are dying. Feelings and emotions such as "I must allow others to take advantage of me" and "I must allow people to suck me dry" are a magnet to parasites. When we do Belief Work and Feeling Work, we are freed from the Programs that attract parasites.

The next step in the process is to free ourselves from parasites of all kinds, such as certain people in our lives. As we remove, replace and add feelings from the Creator to ourselves with the Belief Work, we will gain the strength to expel parasites from the inner body, as well as from the outer-body. Parasites cannot survive in or around a body that doesn't have Programs that will attract them. The less limiting beliefs you have, the more balanced your PH is, creating a healthier body.

There are 650,000 known parasites. Some parasitical bacteria help digest food and are normal to have in the body. For this reason, we do not intuitively "command" all parasites to leave the body. When someone is grinding their teeth, it is a physical indication of parasites in the body. This indicates that a parasite cleanse is in order. This can be done two ways: by doing Belief Work to release Programs that allow parasites to be attached to you or by actually taking a herbal parasite cleanse. Truly, both may be in order. As a herbal parasite cleanse is done, feelings and emotions come up to be cleared. Parasites and yeast crave what they want and need and relay these requests to the host to feed themselves for survival.

A person is more susceptible to parasites if their Belief Systems permit other people to take advantage of them. People with parasites may not know how to say "no" and may allow themselves to get sucked dry. People with parasites have self esteem issues. If a person has heavy metal poisoning, they seem to have an abundance of parasites. All vegetables and meats have some parasites. Regardless, the more balanced your Beliefs Systems are, the less parasites you pick up. Remember, some of these Belief Systems are genetic, deep within us.

Avoid killing parasites using ThetaHealing. The die-off will create an over abundance of waste products and dead parasites. This will cause the person to be sick. Be

sure to use Belief and Feeling Work to release Beliefs that draw parasites to a person. This in itself can be enough to pass the parasites from the system and will not cause a die-off.

Parasites-Protozoa/Nematodes

Protozoa can be parasitic and harmful to the human body. Nematodes, including such things as Round Worms and Hook Worms, are also unhealthy to humans. They infect the body with their eggs. Flat Worms will lay their eggs in the digestive system.

Patyhelminths are a class of worms, such as flukes and flat worms, which infect the human body. Tapeworms will actually eat other tapeworms in the human body. Humans serve as a suitable host for beef, pork, fox and dog tapeworms.

A Heminath is a parasite flatworm or roundworm.There are some parasites that are transferred during sexual intercourse, called triginos vaevadinalis that are carried in body fluids.

There are over 65,000 different kinds of parasites that are associated with the human body. Many things in our environment expose us to these parasites. Although we have and practice ways of cleaning out the parasites in our pets and livestock, rarely do we exercise parasite cleanses in humans.

Various parasites infect a major percentage of the population. Most common include pinworms, roundworms and tapeworms that proliferate in a mucus laden digestive tract. One of the most common ways to get worms is from pets (especially indoor pets). Other major causes of parasites are eating uncooked meats, fish, raw vegetables, walking barefoot in warm climates and poor hygiene in the company of infested people.

The following are some of the most common symptoms of parasites:

General weakness, emaciation, voracious appetite, a withered yellow look, facial pallor, bluish or purplish specks in the whites of the eyes, white-coin sized blotches on the face, anal itching (especially at night), nose picking, fretful sleep, grinding the teeth while asleep, cravings for the following: sweets, dried food, raw rice, dirt (usually in children), charcoal and or burned food.

The broad range of parasite-induced health problems is evident once the nature and extent of parasitic infection is understood. A general misconception about parasites is that they inhabit only the intestines of the host.

There are parasites that live in the host's blood, lymph system, vital organs and/or other body tissues. Some parasites may affect the whole body. Yeasts often proliferate

first in the intestines then spread throughout the body, becoming septic. Other parasites attack specific organs; for example, hookworms enter the body through the skin, travel in the blood and eventually inhabit the lungs and small intestines; left untreated they can remain in these organs for years causing symptoms such as anemia, fungi and other microbes. There are 3200 varieties of parasites which fall into four major categories;

Parasites-Protozoa

Giardia lamblia, cryptosporidium, trichomonas and endolimax nana are microscopic organisms that travel through the blood stream and infect all body parts.

Parasites-Trematoda

This is a fluke-parasite that is in the blood, liver, lung, intestinal tract, kidneys and bladder. Flukes are approx. 1-2.5 centimeters in length. Flukes look like snails or leeches in the liver.

Parasites-Cestoda

This parasite is a tapeworm that inhabits beef, pork, dog and fish. Tapeworms can measure up to 12 meters in length. People come into contact with tapeworms when eating red meat or simply by walking barefoot outside. Once in the body, they attach to the sides of the host's colon where they steal nutrients. The first indications are that the host becomes very thin and then there is a weight gain. The host will feel hungry all the time. The body thinks it is starving and holds on to fat reserves.

Suggested parasite cleanses for tapeworms and flukes:

- Ionic Copper.
- Walnut/wormwood combination (this should not be used by a diabetic).
- Clove.
- Oregano oil (Oregano oil can be hard the on stomach, so put 2 drops in capsules).
- Noni juice or seeds
- Parasites-Nematode

Pinworms, hookworms and roundworms enter the intestines, lymphatic system, pancreas, heart, lungs and liver. They vary in size from .2 to 35 centimeters. Children easily transmit this group of parasites. Because parasites are not detected or diagnosed, it is not surprising that they cause health problems.

Parasites-Healing Crisis from Cleansing

A healing crisis can manifest and carry the memory of any number of past challenges, such as old infections, toxins, trauma from an accident and so on. Be aware that in the

cleansing process, these emotions and physical symptoms may feel real, but in reality, are only phantoms of the past. Do Belief Work before the beginning of a cleanse, as this will make the process smoother.

Parasites-Downloads

- I know how to live without being sucked dry.
- I know how to say no.
- I know when to say no.
- I know I am connected to the Creator at all times.
- I know the difference between the feelings of my parasite and my own.
- I know when I am too tired to do something.
- I know I can live my life without having to be a martyr.
- I know how to live without giving up all my time and effort to please someone else.
- I know the person I have to please is the Creator of All That Is.
- I know how to put good foods in my body.
- I know how to command my body to have the proper pH balance.
- I know how to live without attracting parasitical people to me.

Parasites-Herbal and Dietary Suggestions

1. Make the body alkaline using the criteria at the end of this chapter. If the body has an alkaline balance of 7.2 to 7.4, parasites will have a difficult time surviving.

2. Use an herbal parasite cleanse in the spring (not in winter because the body is in a rest period.) Doing many herbal parasite cleanses in succession is very hard on the body, so proper discernment of one's health is in order. If it is found that a herbal cleanse is needed, follow this process: Ten days on, five days off, ten days on, five days off, ten days on, five days off, so you can destroy all the eggs laid by the parasite .

If you do a parasite cleanse, it is best to balance it with an alkaline diet so that the process is not so emotional. The "feelings" you will experience during a cleanse may not be your own. Feelings like "I'm going to die," are coming from the consciousness of the parasites and worms that are dying. Ridding yourself of parasites also helps let go of emotional parasites, (people who suck you dry) and "energetic parasites," such as waywards, spiritual hooks, etc.

Parasites-Herbs and minerals for a parasite cleanse:

- Wormwood-walnut extract- not for people with diabetes.
- Ionized copper- a very good parasite cleanse (good for tapeworms)
- Cayenne pepper
- Oregano oil-(put in a gel cap)
- Ginger
- Garlic
- Olive leaf (kills yeast as well)
- Fresh juice- 2 carrots, 1 stick of celery, 1/2 beet, little garlic, pinch of ginger keeps you clean from parasites.
- Noni or Ionized Copper for pets (10 days on, 5 days off)
- Thyme- Thyme kills parasites in drinking water. 1 tablespoon of Listerine has thyme and will kill parasites that are consumed with water, as well as Salmonella.
- Charcoal-kills Giardia and other parasites.
- Colloidal silver-kills all kinds of parasites and yeast, but it is not suggested to take it all the time.
- Platinum- kills all kinds of parasites and yeast.

In ThetaHealing, Avoid....

...Commanding all bacteria to be gone from the body since many of the body's processes rely on bacteria to function.

...Commanding all Candida to be gone from the body since many of the body's processes rely on some Candida to function.

...Commanding all heavy metals to be gone from the body because the body is comprised of many different kinds of heavy metals, such as calcium and zinc.

...Commanding that vital minerals and vitamins be created from the Creator. Without practice, the body does not understand how to assimilate minerals and vitamins in this way.

Now that we have explored microbes and their possible influences we will move on to the diseases and disorders that I have worked with.

ThetaHealing Diseases, Disorders and Associated Beliefs, A to Z

The Body Sings

The thing to realize about the systems of the body is that they sing to one another. From the smallest cell to the largest organ, the systems of the body are wonderful, even magical in the way that they work together in an interconnected synchronicity. When you look into the body and see one single cell, you should listen how it sings its tiny song of harmony with the rest of the body. All parts of the body from the smallest cell to the largest organ sing and resonate with one another by beautiful vibrations. When there is something wrong with an organ, you will hear that it doesn't sing "true" with the right vibration and sends the wrong signals to the other organs. Learn to listen to these vibrations and their signals. If you are in a person's space with a Reading and you hear an organ sing out of tune with another, perhaps the body is out of tune or the organ has a challenge in it. The Reader should then investigate what is amiss. Each of the systems of the body must work in harmony with the others in order for us to function properly. This is why it is so important to realize that if there are diseases and disorders present in a person, it is an indication that there is likely to be additional mental, emotional or spiritual components that may be factors in the healing process and the harmony in the body must be restored.

Each system can have attached Beliefs that tend to vary from person to person. The Belief Systems that are narrated in the following text are what I have found that people are likely to have, but that are not necessarily the same from person to person, As such, the Beliefs and Programs in this text are an overview from the 47,000 Readings with clients and students. These Diseases and Disorders begin with A and end with Z to include conventional medical information, intuitive insights, intuitive remedies, associated Beliefs, Programs, Feelings, supplements and herbal remedies as they pertain to ThetaHealing. I am not diagnosing in any way, only sharing with you my experiences of the Beliefs I have witnessed that are attached to certain illnesses. This also pertains to the supplements. I do not prescribe medicine nor offer a medical diagnosis.

Abuse - See Digestive System and the Sexual System

Adrenal Disorders

The adrenal glands are a pair of triangular shaped organs that rest on top of the kidneys. The cortex or outer section is responsible for the production of hormones called cortisone, cortisol, aldosterone, androstenedione and dehydroepiandrosterone (DHEA). The medulla, or central section secretes another hormone called adrenaline, also called epinephrine or norepinephrine which functions both as a hormone and neurotransmitter. Adrenaline, cortisol, DHEA and norepinephrine are the bodies major stress hormones. Cortisol is also involved in the metabolism of carbohydrates and the regulation of blood sugar. Aldosterone regulates the salt balance in the body. DHEA along with androstenedione are androgens; hormones that are similar to and that can be converted into testosterone.

The adrenals speed up the rate of metabolism to produce other physiologic changes designed to help the body cope with danger. In situations of great stress, excessive amounts of cortisone is released, which can lead to many health problems.

One of these problems that can develop through an under-active adrenal cortex is called Addison's disease.

Addison's disease develops when the adrenals are weak and exhausted. Symptoms include fatigue, loss of appetite, dizziness or fainting. In a case of Addison's disease, the tissues of the adrenals are attacked and slowly destroyed. The most common problem associated with Addison's is an under-active thyroid. Addison's disease that is associated with hyperthyroidism is called Schmidt's syndrome. Addison's can occur together with insulin dependent diabetes mellitus, or insufficiencies in the parathyroid glands, or with pernicious anemia.

Another adrenal dysfunction is called Cushing's syndrome. Cushing's syndrome is a rare disorder caused by excessive production of cortisol or by the excessive use of cortisol (glucocorticoid steroid hormones). One way to tell if the person has Cushing's syndrome is that they are generally heavy in the abdomen and buttocks, but have very thin limbs and have the rounded "moon" faces. They generally have deep circles under their eyes with round red marks that mimic acne. Others symptoms include fatigue, mood swings, depression, increased thirst and in women, the absence of menstrual periods. It is not uncommon for people to flip back and forth between Addison's disease and Cushing's syndrome. The over-use of Cortisone (prednisone) can cause Cushing's disease.

When you're working with Addison's and Cushing's, you need to intuitively check the person to see if there are associated diseases such as diabetes. Problems with the adrenals start a chain reaction in the body. If the adrenals aren't working right, then the lungs aren't working right. If the lungs aren't working right, then the heart isn't working right. So you may have to work on the lungs at the same time, depending on the severity of the case. If the person has Cushing's, it is important to permit the doctor to slowly wean them off prednisone. Just because the person is using prednisone, does not mean that you cannot do Healings on the adrenals.

Adrenal Disorders-Intuitive Insights

The people that generally have problems with their adrenals will not know how to stop and rest. They try to push themselves too far, believing that they have to "save the world." Issues with the adrenals are generally focused on resentments and regrets. These Programs of resentments and regrets cycle through the adrenals and possibly cause the beginnings of disease.

Adrenal Disorders-Beliefs-Held in the Adrenals

Energy Test the person for these Programs:

- Pull resentments of people, situations and of the self. "I resent my body," "I resent my mother," etc. Replace resentments with forgiveness, unconditional love or whatever the Creator says.
- Work on issues of fetal stress.
- I resent myself for not doing better.
- I regret that I have not accomplished all my goals.
- I have to work all the time.
- I have no time to rest.
- I am worthy of rest.
- I fear to rest.

Adrenal Disorders-Downloads Held in the Adrenals

- I have to work all the time.
- I have no time to rest.
- I am worthy of rest.
- I am worthy of making quick decisions effortlessly.
- I stand by my word.
- I live without fear of making decisions.
- I am allowed to make decisions and change my mind if necessary.
- I know when I am giving too much of myself.

- I know when to set boundaries so I can rest.
- I know what it feels like to be completely healthy and strong.
- I know when to trust someone.
- I know when I am too tired to make a good decision.
- I know I am in charge of my own life and my fate.
- I know how to control my temper.
- I know what it feels like to be able to control my temper.
- I can live without creating extra fear in my life.
- I know how to live without creating regrets.
- I know how to stand by my truth.
- I know what it feels like to have fun.
- I know what I say is important.
- I know what it feels like to live without being exhausted.
- I know what it feels like to be safe.
- I resent myself for not doing better.
- I regret that I have not accomplished all my goals.

Adrenal Disorders-Programs

With many healers, the adrenals are very tired, because they hold the energy of:

- "I must save the world."
- "I try to make everyone happy."
- "I have to want to help other people."
- "I have to work myself into a frenzy."
- "For them to love me, I have to take care of them."
- "The world is a cold and harsh place because I have the need to serve."
- The inability to make decisions.

Healers may have Programs of: "I have to save the world," or "I need to save the world." Change these programs to "I choose to change the world." Cradle the adrenals with unconditional love and give the person energy from the Creator.

Adrenal Disorders-Downloads

- I know what it feels like to be happy.
- I know what it feels like to rest.
- I know what it feels like to know I am getting stronger.
- Its OK to be happy.
- I can live without regret.
- I can create and stand by my truth.

- I can do better, but I understand that I have done my best.
- I know what it feels like to live without feeling the world is harsh.
- I know what it feels like to live without feeling like I cannot go on.
- I know what it feels like to be happy to be alive.
- Every breath is filled with energy.
- Every breath is filled with love for myself and others.
- I know how to live in this moment and in this day with happiness.
- I know how to hold on to this happiness.
- I know how to hold onto my connection to the Creator.
- I know what it feels like to live without others taking all my energy.
- It is easy for me to send love and energy to people without feeling drained.
- I know what it feels like to make decisive decisions quickly and effortlessly.
- I can follow through.
- I know what it feels like to change my mind if I need to.
- I know how to stand by my decisions.
- I know what it feels like to stand by my word.

Adrenal Disorders-Remedy for Exhausted Adrenals

It is suggested to use DHEA and Pregnenolone. It is not suggested to take these supplements if you have or have had breast cancer or any other type of reproductive cancer. In most instances, DHEA will begin to recover the adrenals in about two weeks, unless you are using cortisone. If you have had sexual cancer, you cannot use DHEA. It is suggested to use fifty milligrams (mg) for a woman and one hundred milligrams for a man. It is best to slowly taper off DHEA, so that the body starts producing it again. If a doctor gives cortisone to the person, over time and with prolonged use, the adrenals can start to shrink. Many doctors prescribe DHEA to help recover the adrenals and suggest that the person taper off the cortisone very slowly. It is also important to alkalize the body.

Adrenal Disorders-Exhausted Adrenals-Supplements and Nutrition

- One of the supplements suggested for the adrenals is alpha lipoic acid. Suggested dosage is 300 mgs to 600 mgs.
- Omega 3s are beneficial to stimulate the adrenals.
- DHEA.
- Salmon and fish. Anything with naturally occurring Omega 3s is beneficial.
- Spirulina, onions, fruits and vegetables.
- Adrenal Disorders-Licorice Root

An important thing to remember with those people who are using glucocorticoid steroids, is that you should never suggest that they use licorice root to stimulate the

adrenals. This causes a reaction in some instances where the person is using licorice root along with prednisone. If this is the case, you should tell the person the dangers of using these substances together. The danger of this reaction could be a heart attack, stroke, high blood pressure, adrenal failure and so on.

Age Spots

Age spots are generally caused by problems in the liver. If you have problems in the liver, they will show up on your skin within three months time. So if you have age spots showing up on your skin, there is something going on inside. It is suggested that you begin to clean up the liver using ALA, milk thistle and a little bit of selenium. The lack of exercise and/or liver function is one of the most prevalent reasons that a person develops age spots. The theta practitioner can do Healing work to clean up the age spots, but it is important to clean up the liver. In fact, most of the difficulties with the skin begin with Beliefs that are held in the liver.

Age Spots-The Liver

The liver holds old anger. If the liver is diseased with cirrhosis, the person will anger quickly. The liver has old Programs of stored hate. People with liver diseases need to let go of hate in order to be cured.

Age Spots-Emotions

- Anger.
- Resentment.
- Fear.
- Guilt.
- Old abuse.
- Inabilities to accept love.

Age Spots-Beliefs-Downloads

- I know what it feels like to live without fear.
- I know how to live without fear.
- I know how to live without resentment.
- I know the Creator's definition of what it feels like to be safe.
- I know the Creator's definition of what it feels like to be protected.
- I know the Creator's definition of what it feels like to be secure.

Aging

There are many wonderful books that talk about aging. These books tell you how your body is Programmed to age because of free radicals in our environment. Most people are unsure about what a free radical is, so let me explain. Inside of your cells, you have something that is called mitochondria. Mitochondria holds ATP, the energy for the cells. Any time that the cells release ATP, they also release an extra oxygen molecule called a free radical. This is a waste product. In some instances, this free radical bumps into the DNA strands. This molecule can float around and actually cause destruction inside the cell, unless there is also something that is called an antioxidant. The antioxidant attaches to the oxygen molecule and makes it harmless. If the free radical bumps into the DNA several times it can cause permanent destruction. If the DNA has any major destruction, the cell knows that it cannot reproduce itself successfully and it will self-destruct. This is one way that people get older. Many of the cells in our body are self-destructing because of free radical damage. There are other ways that the cells are damaged (such as heavy metal poisoning,) but the key is to take as many antioxidants as possible. In the following exercise we send the message to the receptors of the cells to constantly regenerate and to stop aging.

Changing Genetic Programs for Aging

Process

Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.

1. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.

2. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.

3. Make the command, "Creator of All that Is, it is commanded that Gene Work be facilitated on this person (name the person). Thank you! It is done. It is done. It is done."

4. Go into the person's space into the pineal gland, to the central cell.

5. Make the command, "Creator of All That Is, it is commanded that all genetic Programs in (name person) for aging and getting older be pulled and cancelled, sent to the Creator's light, replaced with the Program of I am

young and ageless, forever regenerating, for all present and future bodies, to be replaced all through the body. Thank you! It is done. It is done. It is done. Show me."

6. Witness the process. Stay in the person's space until the process is finished.

7. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth, pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

8. The person may feel sick for a few days, as the body will go through a detoxification process. To avoid this, it is suggested to use calcium-magnesium and chelated zinc.

Aging-Downloads

- I am forever young.
- My body is young.
- My body is beautiful.
- I regenerate easily.
- I live without regret.
- I am rested.
- I care about my body.
- I know what it feels like for my body to regenerate easily.
- Its easy to see myself as young and beautiful.
- I am happy with the way I look.
- I am attractive.

Aging-Supplements

- ALA, Glutathione.
- Noni, five days on and two days off.
- Omega 3s, 6s and 9s are very important to repair the skin. Omega 3s creates serotonin and Omega 6s creates estrogen. Omega 3s, 6s and 9s are good for the function of the brain and the whole body.
- Avoid smoking, because smoking destroys cells.
- Remember to bless your food when you eat. Don't waste your life and the precious moments of pleasure eating things you don't like. Naturally, live foods are always better, but understand that if you are compulsively fussing about every little thing that you eat, you are not living. Eat wholesome foods that bring you joy.

- Internal Exercises by Stephen Chang will promote youthfulness.
- Use a vitamin B complex.
- An amino acid complex is greatly beneficial to promote anti-aging.

AIDS-HIV

The AIDS and HIV virus diminish the immune system so that the person dies from viral and bacterial infections or possible cancers. What happens is the virus starts out as HIV. HIV gets into the T cells, making the body make new T cells to keep up with the immune system. It has to keep creating new T cells until the body is completely exhausted and is no longer able to defend itself. HIV-AIDS comes with so much fear attached to it that the Healing practitioner becomes afraid. Once again, it comes down to the healer. If you find that you have a fear of HIV-AIDS, you need to release it and replace it.

For the most part, HIV-AIDS is transferred by sex, contact with body fluids, through open wounds, drug use and in the past by blood transfusion. The healer needs to understand that there are only certain conditions where they can catch HIV-AIDS. However, it is important to take precautions. You need to be extremely careful whenever there is blood present.

There are many risk factors for people who have HIV. They have to be very careful of colds and flu. This is because a bad cold or flu can be detrimental to their body. Some of the symptoms the person is going to have when they first get HIV is fatigue, swollen lymphatic glands, fevers that last up to 10 days, persistent cough, diarrhea-constipation, weight loss, headaches and Candida problems.

Other more pronounced diseases caused by advanced AIDS are: Pneumonia, Candidial esophagitis, Cryptosporidiosis, Lymphomas, Kaposi's sarcoma, Herpes simplex and Toxoplasmosis of the brain.

HIV is like a caterpillar chrysalis and AIDS is the full blown vampiric butterfly. When HIV changes into AIDS, even the DNA is different between them. When it turns into AIDS you are playing with a mean, nasty virus. It's very rude, by the way. So don't go in and expect to visit with AIDS because it's rude. HIV on the other hand will talk with you. AIDS will broadcast thought forms like "this is where I am." You can command AIDS to be gone from their body, but they still have to feel that they are worthy to accept the Healing. They have many punishment issues. But a lot of it is the desperation of wanting to live. They are so desperate that they are clinging on to life like a drowning person clutching at straws. It's this desperation energy that they are holding on to with AIDS. I find that AIDS responds to Healings very quickly. HIV responds

to Healings quickly but if you don't get it the first little while, then you have to find out what Belief Systems are held there.

I don't claim that people have been healed from HIV or AIDS. If they have been clean for 5 years without the virus, and had a clean bill of health for five years, then the Creator healed them. Avoid taking credit for what God does.

HIV is a young virus. If it was an old virus, it would know that it wasn't supposed to kill the people that it infects. Only the old wise viruses have this kind of wisdom. They just live off their host. The older viruses might make a person sick, but on a whole do not attempt to kill them. The young ones, they're renegades. The older that HIV-AIDS gets, the better our bodies will learn how to fight it. Our bodies will learn to stop HIV from turning into AIDS. What is also happening is that children are developing immune systems to it and their systems are killing the HIV virus. It will not be too much longer until AIDS is not a problem any more. I think the reason that it has gone out of control is that it was a man made virus. In its progression, it spread faster than if it had started on its own. It has evolved faster. Hanta virus is a young virus as well and it still hasn't completely evolved yet. It's evolved enough not to kill the mice, but it's just not evolved enough not to kill the human carriers.

AIDS-HIV Intuitive Remedy

In the early years I had devised an intuitive technique through observing that every living thing has it own vibration and emitted a certain tone. After listening to the organs singing to one another I began to listen to the cells to see if they did the same thing. What I found out was that they did sing to one another. This led me to believe that perhaps viruses, bacteria and funguses might do the same thing. I began to listen to the tones that they sang to the body. Then I came up with the idea that if I went out of my space to bring a matching tone into the body, then played the exact opposite tone, I would be able to kill the virus. For the time, this was a great idea and I began to use this technique on people with HIV-AIDS. When I did this it raised the T cell count in almost every person, but the AIDS virus did not completely go away.

Then one day I found out that one of my clients with AIDS told me that it was not gone after we had done Healings on it. In that moment of frustration I heard the Creator say, "Why didn't you ask me what needs to be done?" It took a moment to adjust to this because I thought I had come up with the best conclusion. I swallowed my pride and asked "OK God, what needs to be done?" I was told that diseases such as Herpes and AIDS were held by a symbiotic relationship because of the matching Belief Systems of both the host and the virus. If the person were ready to let the virus go they would heal immediately.

I began to ask the Creator to heal people with HIV and AIDS and witnessed that they healed immediately. Then I worked on their Belief Systems that were associated with the disease. We had people that were previously dying of AIDS, that were unable to get up out of bed that suddenly become healed. They were up and moving, planting flowers in their garden the next day.

I started listening to the Belief Systems that came up in sessions that related to HIV-AIDS and this is what I found.

People hold on to their HIV. You would think that they would hold on to it because of the partner that gave it to them (and with a smaller percentage this might be the case.) But what I found is that the majority that came to me with HIV thought it was serving them in some way. Specifically, it was teaching them spirituality. It was teaching them to appreciate everything in life. They got so dependent on this virus that they were afraid that if it was gone, they would go back to their old ways. Very few of these Programs were held through the "back door" due to resentment.

For instance, I worked on HIV in a man who had contracted the disease from his sweetheart. He definitely had a great deal of old resentments for that person. Even though his viral load is low and the T cell count was good, the virus was not completely gone. So we worked on resentment issues. Here's the other key. The disease was broadcasting thought forms to him. It was telling him "Without me you will not be this spiritual. Without me you would not be a good person, look at all that I have done for you!"

It was making him feel that it was truly his friend. So I asked him "What will you do when you're free from this?" He said, "I am afraid that I'll go back to the way that I was." At that point I knew I had to pull the Program of "I have to have this disease in order to get close to God." What was amazing was what he said next, "I'm really comfortable with this disease. It doesn't bother me. I have it under control and as long as I know that I have to keep it under control that's good for me." With HIV-AIDS, be aware that it is possible the client will fight you to keep the disease.

It is interesting to note how many people actually do have HIV-AIDS. The first time you see HIV when you go into a client's body in a Reading, you will notice that it is very quiet in the body. One of the indications is that the blood would appear to be milky. Most of the clients that are coming to you already know that they have HIV. They will come out and tell you "I have HIV-AIDS."

HIV has a very strange Belief System attached to it. After many years of working with different diseases, I discovered that each disease has its own special set of Belief Systems that are unique to it. Understanding of these Belief Systems that are attached

to these diseases is vital when working with people. We have so many Belief Systems within us that it is possible to work on them without ever touching the ones that are making us sick. HIV is an interesting virus to work on. Just in doing a basic Healing, someone that has HIV will have amazing results and the viral load will drop. However, it is very important to find the Beliefs that are attached to the virus. I said earlier that viruses and worthiness issues go hand-in-hand. It is really clever how they go about these worthiness issues. HIV is a virus, a consciousness that gets into the cell. Viruses have one or the other of DNA or RNA, but never both. Therefore, it uses the host's DNA or RNA to reproduce itself. The more HIV reproduces itself using the host, the more this consciousness grows. Eventually this consciousness comes out with the things the client is saying. When the HIV becomes powerful enough in the body, it begins to broadcast thought-forms and the client begins to think that these are their own. The client begins to tell you all the things that happened to them since they caught HIV. Some of the things that HIV tells the host are things like; "Because of me your life has changed."

- "Because of me you are a better person."
- "Because of me you take better care of yourself."
- "I'm here to help you."
- "I'm here to be with you."
- "I'm here for your own good."

It is the disease itself that tells them that they need it. If you don't pull the Belief from the client that they have to have HIV-AIDS and the associated Programs that it will make them a better person or that they have to have HIV in order to enjoy life, then you are missing the Belief System that holds the disease to them. HIV-AIDS is an incredibly intelligent virus. It realizes that if the person believes they need it, then the body-mind and spirit of the person will not fight it as much.

You need to ask every single person that you work on with HIV the important question of "what has HIV done for you?" Amazingly enough you will often hear them say:

- "I am a better person."
- "I take better care of myself."
- "I'm more conscious."
- "Without HIV I will go back to the way I was."

AIDS-HIV-Downloads

- I can live without HIV.
- I can still be a good person without HIV.
- I can be good to my body without HIV.

- I can appreciate my body without HIV.
- I can make a difference without HIV.
- I know what it feels like to appreciate what HIV has done to serve me.
- I am now ready to learn the spiritual lessons of life without the HIV virus.
- With good thoughts I thank HIV and send it away.
- I know I can take good care of my body without HIV.
- I know what it feels like to be strong, healthy and full of energy.
- I know what it feels like to put good things in my body.
- I know how to live without using illegal drugs.
- I know what it feels like to live without the shame of having HIV.
- I know it is possible to be completely cured from HIV.
- I know what it feels like to live and know that my body is getting stronger every day.
- I know what it feels like to know I am a good person.
- I am accountable to take care of my body without HIV.
- I know what it feels like to have a relationship based on love.
- I know what it feels like to know I have no viral load.
- I know what it feels like to live without this disease.
- I know how to get close to the Creator without HIV.
- I know I am worthy of a complete healing.
- I know my family believes I am worthy of a complete healing.
- I know to live without having to suffer to please my family.
- I know how to live without the guilt in relationships.
- I know how to forgive myself and allow myself to move forward.
- I know how to forgive myself for not loving my body.
- I know it's possible to love my body.
- I know it's possible to be happy.

With AIDS and HIV, ask what this disease is doing to serve them. The person is going to come up with some really good reasons why the disease is with them and what it is doing for them. When you work on them, make sure they know they can live without the disease and still be close to God. You don't just pull the disease and say "you don't need it." Make sure the person knows what it feels like to live close to God without the disease.

- "I understand how to be close to God without HIV-AIDS."

- Remove the group consciousness that it is incurable.
- Pull the Belief that "I need you for spiritual growth" from both the person and virus.

HIV in little children is easy to heal, but if they comprehend that they have HIV-AIDS, they may think they have contracted the disease because they have to take on the "sins of the father or mother." Depending on their religious structure, you may have to work on this Belief System.

AIDS-HIV-Fears

- I am afraid without HIV I will become reckless.
- Without HIV I will destroy myself.
- I am being punished with AIDS.

The release of these Programs will often drop the viral load in the body. At no time do we ever discourage them from going to the doctor to be checked. We want these people to go to the doctor to see results. Never discourage them from using a drug that may help their immune system. Most of my clients are not on these drugs and their immune systems are strong.

AIDS-HIV Supplements

- Someone that has AIDS should keep up on all their vitamins and minerals.
- Other important supplements are:
- Proflavanols.
- ALA- 600 mg to 1200 mg. Some doctors prescribe up to 2000 mgs.
- Selenium-250 mcgs.
- Echinacea.
- Vitamin B complex.
- Mixtures of amino acids.
- The herb Cat's Claw can be beneficial.
- Vitamin C.
- DHEA.
- Echinacea. High doses of echinacea have been shown to lower viral loads.

Alcoholism

Once alcohol gets through the blood-brain barrier, it causes the brain to release endorphins. In normal situations it's very important that the pleasure centers of the brain reward us. For example, when we are hungry, we are stimulated to eat food. Dopamine

is released into the body which gives us a pleasure sensation. It is linked to serotonin. Under normal circumstances, it works all the time, but when alcohol is added to it, alcohol triggers the pleasure centers. Up until recently, alcohol abuse was thought to be like Draino would on a clogged drain, dissolving the brain tissue to create toxic effects. It has this effect, but not the way we once thought it did. It dissolves both water and fat, the two components of brain cells, forcing these cells to create and produce emotions ranging from euphoria to depression or from calmness to aggression. We know that there is not one "alcohol" gene, but there are some genetic disturbances in mutated genes that make people more prone for alcoholism.

The tendency for alcoholism is definitely present when there is a low serotonin level in the body. There are some good things alcohol does. If you're an occasional drinker, alcohol can lower your cholesterol. Small doses can prevent clogging of your arteries, prevent blood clots and can actually ease menopause and reduce the risk of heart disease. If you drink just a small amount each day it can stimulate your brain to function better. However, drinking to excess can cause enormous brain damage. It can cause the brain to start to shut down millions and millions of neurons. Russian men, for instance, drink an equivalent of three and one half bottles of Vodka a week and their life expectancy is about 55 years old.

Too much drug use will cause various changes in the brain. When you go into the brain to repair these changes, you will start changing the neurons around and command the serotonin levels to change. This will create a difference in the need for that particular addiction. One thing that is important to understand about alcoholics is that so many receptors are being turned off and turned on with the use of alcohol that when alcohol is no longer used in their life, their serotonin levels will fluctuate a great deal. People who were alcoholics for many years will go back and act how they were before they were alcoholics. So, if they began drinking at eighteen and quit when they are forty, their brain will go back to certain developments of an eighteen year-old, thus making the person a little immature until their brain can catch up with itself. This is why sometimes people who have great addictions and have recovered from them find life a little more difficult than they would have found it at the normal age of forty. They are still trying to compensate with the abilities of a eighteen-year-old. The extra influences of drugs and alcohol and the way it makes people so depressed should be something to consider.

To balance the brain chemicals, go in to the brain and witness the serotonin and the dopamine levels balanced. Release the Program of "I am addicted to alcohol," and replace it with what the Creator tells you. Ask the Creator what to do; sometimes people need someone who is prepared to deal with their withdrawal.

Process for Normalizing Brain Chemicals:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.

2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.

3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.

4. Make the command, "Creator of All That Is, it is commanded that this person's (name the person) noradrenalin, serotonin and hormone levels be balanced in the highest and best way, as is appropriate at this time. Thank you! It is done. It is done. It is done."

5. Move your consciousness over to the person's space. Go into the brain and witness the noradrenalin/serotonin levels as a visualized graph. Witness the noradrenalin / serotonin levels become balanced as is proper for the person.

6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

When the person stops their use of alcohol, there is the need to prepare for some kind of withdrawal, because the different receptors that were quieted down from the overuse of alcohol are suddenly awakened in the brain. You may have more receptors and neuron-transmitters awake than you normally have and it takes a while for the brain to re-adjust itself. Alcoholics have a tendency towards malnutrition and do not absorb their folic acid correctly. Long-term alcohol abuse can create pancreatic difficulties, liver dysfunction and diabetes. Alcoholics do not get enough REM sleep.

For a full recovery, it is important that the alcoholic has a support team to help them through the first stages.

Alcoholism Intuitive Insights

- When working with an alcoholic it is important that they want to get better. You cannot work with an alcoholic who does not genuinely want to recover.
- Alcoholics have a tendency to loose soul fragments during heavy abuse. It can be beneficial to call back any lost soul fragments, washed, cleaned and

returned to them.
- Alcoholics are prone to free floating memories.

Alcoholism-Beliefs-Downloads

The Beliefs associated with alcoholism are as follows:

- I understand how to live without alcohol.
- I know its possible to live without alcohol.
- With every day in every way I grow better and stronger.
- In every way and every day I take care of my body, my mind and spirit.
- I can get close to God without having to suffer.
- I know what it feels like to be alcohol free.
- I know it is possible to have a good time without alcohol.
- I know what it feels like to express my feelings without alcohol.
- I know what it feels like to live without using alcohol as a grudge or crutch.
- I know what it feels like to have friends without alcohol.
- I know how to live my day-to-day life without alcohol.
- I know how to enjoy life.
- I have my spirit back.

Alcoholism-Supplements

- ALA
- Oxygen therapy
- Vitamin B complex, Vitamin C and minerals
- Amino acids
- Glutathione
- Folic acid

Allergies-Hay Fever

Allergies-Possible Causes

An allergy refers to an exaggerated reaction by our immune system in response to contact with certain foreign substances. Allergy-producing substances are called "allergens." Examples of allergens include pollens, dust mites, molds, dander's and foods. To understand the language of allergy, it is important to remember that allergens are substances that are foreign to the body and can cause an allergic reaction in certain people. When an allergen comes into contact with the body, it causes the immune system to develop a reaction in persons who are allergic to it. When you inappropriately react to allergens that are normally harmless to other people, you are having an allergic reaction

and can be referred to as allergic or atopic. Therefore, people who are prone to allergies are said to be allergic or "atopic."

The immune system is the body's organized defense mechanism against foreign invaders, particularly infections. Its job is to recognize and react to these foreign substances, which are called antigens. Antigens are substances that are capable of causing the production of antibodies. Antigens may or may not lead to an allergic reaction. Allergens are certain antigens that cause an allergic reaction. The aim of the immune system is to mobilize its forces at the site of invasion and destroy the enemy. One of the ways it does this is to create protective proteins called antibodies that are specifically targeted against particular foreign substances. These antibodies attach to the surface of the foreign substance, thereby making it easier for other immune cells to destroy it. The allergic person however, develops a specific type of antibody in response to certain normally harmless foreign substances, such as cat dander and creates an over-abundance of this antibody, causing the overproduction of histamine and other chemicals. These chemicals, in turn, cause inflammation and the typical allergic symptoms. This is how the immune system becomes exaggerated and primed to cause an allergic reaction when stimulated by an allergen.

The person suffering from allergies should experiment with their foods because they may have a food allergy. Some people are even allergic to meat.

Some people are allergic to aspirin, but on the other hand, taking small amounts of aspirin can clear allergies. Red and yellow dye is one of the most prevalent allergens in our environment because it is in are in our food. Food preservatives can also be the cause of allergies.

The best way to prevent the formation of allergies is to permit your children to play in the dirt. Let them get used to their environment. One of the ways that people develop allergies is by moving from one area to another with a completely different environment than the body is used to.

Allergies-Supplements and Remedies

- Acidophilus and ALA are useful supplements for someone who has allergies.
- Quercetin helps in some situations with allergies but only if they're not taking allergy medication.
- If the person is taking conventional medication, they should be followed up with certain vitamins because most of the allergy medications have side effects that strip vital minerals and vitamins. Vitamin A and vitamin C are very important to help with allergies. However, the body is not going to break

down more than 2000 mg of vitamin C at a time. Too much vitamin C is bad for your kidneys, but 5000-7000 mgs daily is good for someone with allergies and can stop a runny nose.

- Ephedra can help allergies in some situations, but you must be very careful using it, particularly those with heart problems.
- I suggest that people with allergies use acidophilus to help break down and digest food.
- Stinging nettle is one of the best things that I have found for allergies.
- The person suffering from allergies should experiment with their foods because they may have a food allergy. Some people are allergic to meat.
- Zinc in doses recommended on the bottle.

Allergies-Hay fever

Hay fever is an allergenic response to pollen or mold that affects the mucous membranes of the nose, eyes and air passages. Symptoms include itchy eyes, watery discharge from the nose, sneezing, fatigue and nervous irritability. Symptoms differ from those of the common cold in that a distinctive clear thin nasal discharge is typical with allergies as opposed to a thick yellow-green in bacteria infections. At least 32 million Americans suffer from seasonal hay fever. There are three different hay fever seasons. Tree pollens come first between February and May. Then later in the spring and summer, trees, weeds and grass pollens are next. In the fall, ragweed pollen is prevalent. People who suffer from hay fever also can have disorders such as asthma and dermatitis. Those who suffer from hay fever throughout the year are said to have perennial rhinitis. Animal hair, dust, feathers, fungus, spores, mold and some other environmental agents can trigger the symptoms. Allergies seem to be more prevalent in people with candida in their body. Simply taking molybdenum and using a yeast cleanse can help with hay fever.

Allergies-Hay Fever-Remedies

- Keep the windows closed during the day with the air conditioner on to filter the air.
- A study at the University of California found that eating yogurt every day reduced the incidence of hay fever attacks.
- Use an air purifier in your home.
- Antihistamines are the most commonly recommended conventional treatment for hay fever. They can reduce itching in the eyes, ears and throat to dry up a runny nose. However, they also cause drowsiness, depression and other side effects. Some of the newer drugs such as Claritin do not cause drowsiness and depression. It is not advisable to use antihistamines with grape fruit juice, as this could cause a reaction.
- Avoid alcohol and cigarette smoke.

Allergies-Intuitive Remedies

- For people with allergies I work on their resentment issues and anger issues. These are yeast related.
- A good intuitive guideline is to go up and ask if something is offending them. Then you should begin to test for the things in their everyday life, Such as "I am offended by cats," replaced with "It is safe to be around cats."
- Allergies seem to be closely connected to the past life or history level. You should go up and ask what would happen if you had an allergic reaction. Allergy reactions are very dangerous. Some people with allergies can go into what is called Anaphylactic shock. The person that goes into anaphylactic shock should be taken immediately to the emergency room, doing Healings on them all the way there.

Allergies-Hay Fever-Belief Work

- Trace back though the person's timeline to find out when the symptoms first began. Ask the person what they were feeling and what was happening when they began to have allergic symptoms and explore the related Beliefs from these incidents.
- Teach the person what it feels like to live in their environment.
- Explore Programs and Belief Systems like "this offends me" that may pertain to the specific allergic substances. For instance, if the client Energy Tests positive for the Program of "Grass offends me," it should be replaced with "I know how to live with grass pollens." Place the allergen in the person's hand and Energy Test them to see if it offends them. Then go to the Creator of All That Is and teach them what it feels like to be able to live with it.

Allergies-Hay Fever-Supplements

- Noni is a good supplement for hay fever but you should use it only by itself. You cannot mix it with too many other supplements, as it will inhibit other herbs.
- Sibu, a drink from the Sibu berry and stinging nettle.
- Vitamin C 2000 to 10,000 mgs daily.
- Molybdenum, 300-500 mcgs daily for a month.

Alzheimer's

Alzheimer's disease (AD) is a slowly progressive disease of the brain that is characterized by impairment of memory and eventually by disturbances in reasoning, planning, language and perception. Many scientists believe that Alzheimer's disease results from an increase in the production or accumulation of a specific protein (beta-amyloid protein) in the brain that leads to nerve cell death. More than a few people that come

in to see me, thinking they have Alzheimer's really only have lack of magnesium or a lack of certain minerals. I know that dementia can be caused by lack of magnesium. I believe Alzheimer's is caused by heavy metals, so the more you cleanse them the clearer their mind is going to get.

Some people believe that Alzheimer's is a gift from the Gods to take them back to times when life was easier in their life. I say it's a gift of heavy metals and that you should pull it out. I also know that you have to work with the family. By the time the person has Alzheimer's, the families are thinking of putting them in nursing homes. The disorder is causing a lot of stress in the family, so you may have to work with the all of the family involved.

Alzheimer's-Belief Work

I find a lack of care prevalent in people with Alzheimer's in some of these homes. One of the things I work with the most with Alzheimer's is children that don't know what to do with their parents because of a slight dementia. They will put them in rest homes, thinking they have Alzheimer's when they don't. In some instances they just have lack of minerals and vitamins. They are usually enacting the parent's fear of being helpless and having to have someone take care of them and they draw that fear right to them.

When you start working with Alzheimer's you are going to experience a lot of odd opinions about it, so you may need to convince the children that "it's ok to take care of my parent in the highest and best way." Some parents with Alzheimer's have treated their children badly in the past. When the children are stuck with the responsibility of taking care of the parent, it pushes them right over the edge, since they never had a decent relationship with them in the first place. When older people become sick, the stress can cause their children to get cancer or get sick just taking care of them. They become totally overwhelmed. You are usually dealing with 2 or 3 illnesses by the time you get Alzheimer's – in the children and the parent. Before you start working on these people, you need to make sure that they have really good vitamins and minerals, especially when it comes to the brain.

Alzheimer's-Downloads

- I know what it feels like to be healthy and strong.
- I know what it feels like to live my life without being trapped.
- I know what it feels like to live my life being responsible for everything I do.
- I know what it feels like to take responsibility for myself.
- I know what it feels like to allow others to take care of me in a good way.

- I know what it feels like to have my physical independence.
- I know what it feels like to live without the fear of this disease.
- I know what it feels like to witness this disease as it disappears.
- I know what it feels like to live without the stereotype of this disease.
- I know what it feels like for my brain to work perfectly.

Alzheimer's-Causes

I believe that one of the causes of Alzheimer's is aluminum poisoning from containers and cooking implements, not to mention poisoning from over the counter medicines, such as antacids. The aluminum causes an interference with the dopamine receptors. There has been scientific evidence that supports this view.

Alzheimer's-Supplements

- It is suggested to use glutathione injections and alpha lipoic acid. These two therapies clean up heavy metals fast and pull toxins out of the brain. Take 3-4 oil liver cleanses to pull out heavy metals. For memory loss, magnesium and beta carotene are needed.
- Amino Acids such as tyrosine and creatine.
- Calcium magnesium.
- CoQ10.
- Vitamin B complex.
- Vitamin C at 3000 units a day.
- Vitamin E.
- DHEA.
- ALA.

Anemia

In and of itself, anemia is not a disease. Rather, it is a symptom of other diseases. Any disease that causes the rapid depletion of red blood cells is called anemia.

Some of the causes of anemia can be cancer, hormonal disorders, hemorrhoids, ulcers, rheumatoid arthritis, dietary deficiencies, bone marrow diseases and hereditary disorders.

Anemia-Sickle Cell Anemia

Sickle cell anemia is a disease that is primarily in African Americans. To work on sickle cell anemia, go up to the Seventh Plane and ask Creator to show you the defective gene. Witness it shift and change. There is generally little Belief Work that needs

done. When there is Belief Work to be done with this disease it is related to hereditary issues, such as how they feel about their parents and their ancestors.

Anemia-Crohn's Disease also causes anemia. Anemia can result from B12 levels in the body being depleted. Most anemia is caused by iron deficiencies, which is most prevalent in women who have iron poor blood. Generally speaking, men need to be careful if they use iron, because their liver does not process it in the same way as a woman. If you suggest that someone uses iron you should go up and find out what the cause of the deficiency is. I don't usually suggest someone use iron unless they check with their doctor. I usually work with the diseases that cause the anemia.

Anemia Intuitive Remedies

Some of the Beliefs associated with the blood have to do with communication. The person will be in denial and tell you that everything in their life is fine. They will have a difficult time communicating with you or with anyone for that matter. Download the Feeling in the Knowing that life is joyful and fun, "I understand how to communicate," what it feels like and so on.

Anemia-Supplements

- Many herbal books suggest the use of goldenseal for anemia, but you need to be very careful with goldenseal because you cannot use it for very long. Only a week of use is recommend for goldenseal and people that are diabetic should not use it.
- Stinging nettle is very good for those people that have anemia since it has many vitamins and minerals that the person will need.
- B complex vitamins are important as well.

Anorexia Nervosa-Bulimia

Anorexia nervosa is characterized as a psychological disorder. People with the disorder have an intense fear of becoming obese. In many instances the person will eat food only to go to the bathroom and induce vomiting. The person refuses to eat and has negative feelings about the way they look. The person is obsessed with exercise and begins to lose their hair due to vitamin and mineral loss. I found that most people who have anorexia also have a lack of magnesium. It seems that they have to have magnesium before a Healing can be done on them.

Anorexia Nervosa-Bulimia-Belief Work

A person that has anorexia nervosa and bulimia is very good at hiding their disease

from the world. In fact, hiding the disease is part of the disease. Convincing the person that they need vitamins and minerals is one of the biggest challenges in dealing with a person with this disease. One of the best ways that I have found to get nutrition into their bodies is to convince them to use protein drinks that have vitamins, minerals and amino acids in combination. Since it is a drink, it is more likely that they will use it and less likely that they will throw it up afterwards.

People with this disease have a tendency to blame their parents, the healer, their doctors, or anyone else it is possible for them to blame for the way that they are.

It is important that the person with this disease genuinely wants to be helped. It is very difficult to help someone with anorexia that is dragged into the healer by another person.

If the person does not want help, you can work on their Belief Systems for hours and never accomplish a single thing. Most of their Beliefs are associated with "beauty" and "how the world sees them," but also about the way that they absorb life and the way that they feel about life. One dynamic seems to be consistent and that is that they are always low on magnesium. This factor in and of itself causes the inability to absorb the life force.

If the parent is too controlling, the individual with anorexia nervosa will develop the disorder as their last stand to maintain their own power. The person should Energy Test for the Program of "Anorexia is my last stand to keep my own power."

Antibiotics and Common Sense

Antibiotics work with your immune system to help you fight infection. Antibiotics do not kill the infection. Antibiotics are designed to work with the immune system. There is a great deal of hype in the alternative field that antibiotics are bad for you because they deplete the immune system. The truth is, antibiotics can do several things to the system. They can cause the die-off of good bacteria in the intestinal tract. They also have a tendency to push the immune system into overdrive.

However, when you have a client that is using an antibiotic, you have to work with the antibiotic. You cannot tell your client to discontinue the use of the antibiotic. Antibiotics must be used for the full course, otherwise the bacteria will have time to mutate and cause an even worse infection. In addition, there are times when an antibiotic is beneficial, such as when a truly nasty bacteria gets into the system. I have seen people that refused to use antibiotics even though they had terrible infections. I am and always have been an advocate for what works. Antibiotics are neither good nor bad. If it

is an antibiotic that is needed, fine. If it is a Healing that is called for, fine. All things are equal under the eyes of the Creator. It may surprise you when you hear the Creator specifically tell you that the person should use an antibiotic. This means that on some level, the person is not ready to release the bacteria any other way. The psychological help comes from the doctor, and not from you. Remember, some people believe everything the doctor says, so the thought that the antibiotic will work is the healing essence. Keep your ego and Belief Systems out of the quotient.

Arthritis

There once was a woman that came into my office because of large calcium deposits on her knees that were causing her to have arthritis-like symptoms. She was an incredible woman. She told me that she had never eaten processed sugar, white flour and had been healthy all her life. She had recently gone to a chiropractor and he had given her oyster shell calcium. After taking the oyster shell calcium for a while, she began to develop large calcium deposits. As I went into her space, I felt that this was because her body was not properly breaking down the supplement.

I suggested that she discontinue her use of the oyster shell calcium and continue to use the carrot juice she had been drinking all her life. Within two weeks, the nodules she had developed were gone. The usable calcium in the carrot juice broke down the unobtainable calcium caused by the dead oyster shell calcium. As you can see with this story, the woman never really had arthritis at all, but rather, arthritis-like symptoms. Other conditions can create arthritis-like symptoms, so it is better to not assume anything because of outward appearances.

The three main types of arthritis that I have worked with are Osteoarthritis, Rheumatoid arthritis and Psoriatic arthritis.

- The first, Osteoarthritis, is mostly from wear and tear on the joints of the body. Osteoarthritis reacts well to Healings.
- The second and third types, Rheumatoid arthritis and psoriatic arthritis are auto immune disorders.

When you are doing a body scan with a person with rheumatoid arthritis, you will see that there are tiny little cells moving at high-speeds inside the joints. You can sense that there is something inside the joints and that the immune system is after it. It is my opinion that rheumatoid arthritis is caused by a micro-organism that is inside the joint and the immune system is going crazy to stop it. This is what I have seen in my Readings with people with rheumatoid arthritis. Doctors and scientists know that the immune system is attacking the cartilage in the joints, but they don't know exactly why.

The best results that I had with rheumatoid arthritis is to do a Healing and witnessing the micro plasma debris inside the joint being released and made into a substance that is harmless to the body. If you have a difficult time visualizing these tiny little cells in the joint, ask the Creator to show it to you until you get a sense of what it feels and looks like in the body.

One of the first things I do for people that have osteoarthritis and rheumatoid arthritis is to take them off of all milk products. Even though milk has a great deal of calcium in it, it is not in an obtainable form for these people. Then I suggest they use good absorbable calcium such as Usana calcium. This helps the joints to stop swelling. It is important to note that in order to be absorbed from the intestine into the body, calcium must break down in the stomach in eight minutes. Otherwise, it is flushed though the digestive system.

Arthritis Intuitive Remedies

You probably only have one or two sessions working with someone who has rheumatoid arthritis before you can convince them that your Healing criteria is helping them. This is because they are inundated with the microplasma and the microorganisms broadcasting guilt, sorrow and resentment. The disease is making them feel that they have to be stubborn and fight you about everything you're trying to tell them.

People that have arthritis have the fear of moving forward, are very stubborn and do not want to change. They feel like they have to be right all the time. They carry anger and resentment issues due to the microorganism called Nanobacteria. The person feels like they have to carry everyone. The more stress they receive, the more the rheumatoid affects the body, so we work on the things that are causing the stress. Depending upon where the rheumatoid is in the body is in turn dependant upon how we work on it. For instance, if the rheumatoid is in the leg we would work on issues of moving forward.

Rheumatoid arthritis is an inherited disease so you have to remember that the things that you are working on would be ancestor Programs of always having to be right and fear of being co-dependent on someone. If they are serious and want to get better, they will stop using milk and start using the vitamins and supplements.

I believe the defective DNA of rheumatoid arthritis is caused by a microplasma or bacteria that can be passed down. This gives the person the predisposition for rheumatoid arthritis. The mycoplasma has not been transferred in the genes, but the predisposition has. The mycoplasma or bacteria is contracted at some point in the person's life. This means that you may have the tendency for the disease, but without the microplasma, there would be no symptoms. It is the microplasma that is the culprit. This is why it is possible to heal the affliction by stopping the microplasma with a Healing.

Arthritis Beliefs-Downloads

- I always have to be right.
- I know what it feels like to live without always having to be right.
- I fear having to depend on other people.
- I know what it feels like to live without fearing change.
- I know what it feels like to live without having to resent everything.
- I know what it feels like to listen to the words of another without rejection.
- I know what it feels like to listen to others.
- I know how to live without criticizing others.
- I know how to live without thinking rigidly.
- I know what it feels like to be able to release the crying inside.
- I know what it feels like to release the pain easily and effortlessly.
- I know what it feels like to live without others driving me crazy.
- I know what it feels like to move easily and effortlessly.
- I know what it feels like to live without fighting everyone and everything.
- I know what it feels like to move without pain.
- I know how to live without permitting the thoughts, emotions and beliefs of others to interfere with my thoughts, emotions and beliefs.
- I know that I am allowed my own thoughts, feelings and emotions.
- I know how to live without my thoughts, feelings and emotions making me sick.
- I know it is possible to get stronger every day.
- I know what it feels like without the fear of this disease destroying me.
- I know what it feels like to know that my body can and will heal.
- I know what it feels like to live each day enjoying every breath I take.

Check for Genetic Beliefs. Look for programs of criticizing others, holding on to feelings of hostility, anger, rigid thinking, crying inside, deep sadness and sorrow.

Arthritis-Feelings

- Feelings of guilt.
- Feelings of fear.
- Feelings of resentment.

Arthritis-Supplements

- Calcium.
- Magnesium.
- Garlic.
- Phosphorus.
- Vitamin C.

- Vitamin B complex.
- MSM.
- Grape seed extract.
- Vitamin E.
- Silica.
- ALA.
- Omega 3s, 6s and 9s.
- Carrot juice.

Arthritis-Pasteurized Milk

I tell people with rheumatoid arthritis that "If I was you I would increase my bran intake, reduce my salt and tobacco intake, go off of red meat and quit milk." It is strange, but when you tell people that you suggest that they stop using milk, they want to walk out the door. This is because their bodies crave the calcium in the milk, but unlike other people, they cannot break down the calcium in it. This is why it is imperative that they use a chelated calcium supplement. Most people can break down the calcium that is in milk, so this is not an attack on dairy foods. People with arthritis should feel free to use yogurt, cottage cheese and butter.

Asthma

Asthma is a lung disease that causes obstruction of the airways. During an asthma attack, there is a restriction that stops the outward flow of air from the lungs. The person with asthma feels as though they are starving for air. They are not getting the old air out of the chest to bring in the new. These attacks can last a few minutes to several hours. Asthma can even be triggered by cold air. Asthma is very dangerous and a person with asthma can die from it. In fact, this happens all the time. If the asthma attack is bad enough, the person isn't getting any air in the lungs at all and in a sense they suffocate.

Many children develop asthma and grow out of it as they get older, only to have it return later on in life.

A correct diagnosis of a person's asthma can be difficult to pinpoint, but there are two forms of asthma: allergic and non-allergic, although these two types can be related.

Asthma-Caused by Allergies

Common allergies include animal dander, chemicals, dust mites, environmental pollutants, feathers, food additives and so on. Asthma can be triggered by high amounts of fungus in the body that is environmentally caused. If they live in an environment that has fungus in it, they are constantly inundated with the fungus. You can do Healings on the person, but if they live in a contaminated environment, it is likely that they

will become re-infected. Many people with asthma are sensitive to food additives such as sulfites. Sulfites are put on foods such as fruits and shellfish to keep them from turning colors.

If the asthma is caused by certain types of allergens that are natural in our environment, such as grasses and pollens, it is likely that when the person was a child they were not permitted to develop a resistance to these substances. They were not permitted to play in the dirt and their mothers kept them from having contact with the very thing that would have stimulated their immune system and developed antibodies to combat the allergens. From the time that they were children, they did not develop enough antibodies for certain allergens. Instead they have developed E antibodies. When we are children, lack of exposure to the natural world around us can actually create an asthmatic condition.

Asthma-Non-Allergic

Asthma is a modern-day crisis because of the pollution in the air. It is especially prevalent in children and old people.

Respiratory infections such as bronchitis and pneumonia have a tendency to create asthma in a person. Another type of asthma is called cardiac asthma which is a condition that causes the same symptoms, but is caused by heart failure. Intrinsic asthma is associated with other respiratory diseases such as sinusitis and bronchitis. Emphysema is associated with asthma. Emphysema responds very well to Healings and in some cases is cleared with only one Healing. Emphysema is generally caused by toxins going into the lungs from coal mines, steel mills and dusty environments. People that have asthma and emphysema have a tendency to let people take advantage of them, because it is almost too much effort to fight for themselves. Most of them do not have the energy to take a stand.

A person that has chronic panic attacks can have a panic attack at the same time as a asthma attack and make the asthma much worse.

Stress is a huge trigger for asthma, so it is important to see if a person"s heart is beating correctly. If they are having problems with their heart, they may not be pumping out the fluids from their lungs and this causes asthma attacks. In this instance, a person"s asthma medicine can only make things worse. It is important for the person with asthma to follow up with a visit to both an asthma doctor and a heart doctor working together to be sure of the cause of the asthma.

Asthma-Pharmaceutical Drugs

The pharmaceutical drug Advair is an amazing medication. It doesn't seem to have the same side effects as other steroids.

Many people with asthma are over-treated by doctors with prednisone which is a cortisone. Prolonged use of prednisone can cause Addison's or Cushing syndrome, causes water retention, straining the heart and the immune system.

If a person uses some type of rescue inhaler more than twice a day, it is likely that they have a serious asthma problem. It is important that they consult with a physician. Pharmaceutical medications such as proventil, Xopenex and albuterol are beneficial in the immediate opening of the bronchial tubes, but it is best not to use them more than twice a day. Beta blocking medications used to treat high blood pressure can cause life-threatening problems for a person with asthma.

Never take an asthmatic off their medication. Allow their doctors to make that decision and never cause them to feel ashamed about using their medication. When the fungus is cleaned out, their immune system will improve.

- Asthma is often caused by fungus.
- A mother with Chlamydia during pregnancy can give her baby asthma.
- Too much stress in pregnancy can cause a baby to have asthma.
- Asthma may be caused by parasites in the lungs or by Lyme's disease.
- Lack of water can cause asthma attacks and so can the use of Aspirin.

Asthma-Children

Some parents take their children to allergy specialists for allergy shots to help with their asthma. This can be an effective method of treatment; however, removing processed flour, white sugar, and artificial sweetener from their diet is also extremely beneficial. Increasing the daily dosage of Vitamin B and the different mineral supplements helps, as does blue green algae and chlorophyll. Both blue green algae and chlorophyll help stimulate the adrenals.

DHEA is helpful in some cases of acute asthma. However, some of the best results that we've witnessed came about from changing the diet and exercise. If the person with asthma has a lot of stress and sorrow as children, changing the Beliefs that "life is sad, life is sorrowful and life is hard" can help a great deal. In our society we have so many pollutants that actually attack the membrane of the lungs. Being able to relocate to a place where the air is clean and pure would be ideal, but since that is not always possible, just removing the flour and sugar seems to have a positive effect on asthma.

Asthma Belief Work and Healings

Studies have proven that children with asthma who were under stress and anxiety developed asthma because of tension. The lungs are very sensitive to emotions. These studies also showed that children permitted to play outside with the earth developed a stronger immune system than other children and the prevalence to asthma and allergies was considerably less.

Little children with asthma have a tendency to be fearful; they fear to stand up for themselves and often fear playing with other children. This is because people that have asthma are always incredibly sensitive people and in ancient cultures it was accepted that these individuals had natural healing abilities. They may have breathing problems but they can help other people heal. For instance, many Native American medicinemen often had asthma.

With many asthmatics, there is a direct connection with the adrenals. Most of the Belief Systems that are associated with the adrenals are also connected to Programs and Beliefs surrounding asthma.

There are many Beliefs that are held in the lungs. Not only do the lungs carry sorrow but they also carry deep amounts of regret. Work on their issues of sorrow and the issues that they must carry everyone.

With asthma, the first priority is to give them Healings in the lungs, adrenals and heart. Asthma has the associated Belief Systems of heart ache. If it is the heart that is causing the asthma, use the Heart Song Exercise found in cardiovascular diseases section.

When Healing a person with asthma, it is important to differentiate the problem you are working on; the asthma itself or the side effects and emotions caused by the medication that they are on. The medications that they're on have side effects that can make them jumpy, depressed, nervous, strip them of calcium and potassium, not to mention make them just downright nasty-mean if they are on prednisone. It is important to realize that the practitioner may not be talking to the sickness, but rather the emotions and Programs generated by the medications. Never suggest that anyone go off their medications, but rather work with the medications and release the Beliefs until they no longer need them. Let the doctor take them slowly off from their medications.

Asthma-Silent Crying

When grief is never released, it becomes stored in the lungs. This is the Silent Crying. In most instances, this grieving is released by tears. There are individuals that never allow themselves to grieve and much of this grief ends up as challenges to them in the lungs. These stored emotions can cause physical issues and weaken the immune system. When you work on the lungs to release old stored emotions, work with the

adrenals as well. If a person has sinus problems, it may mean that they need to cry to release the emotions that have built up. Lungs are so connected to the Creator, that as you release sadness your connection to the Creator will become stronger. Loneliness can be an emotion that is found in the lungs.

Asthma-Sorrow and Grief

Sorrow influences the lungs. When someone dies that you love deeply, every cell in your body grieves for the loss of that person. If a person with a shared DNA connection dies, suddenly your DNA cannot connect to the person on a physical level. Because of this, your body will go through a mourning process. In some instances, this grieving process will play itself out in the lungs. This can be prevalent in men more so than in women. Men carry Programs that will not permit them to grieve and release the pain held by the body. Many times they have Beliefs that they must be the strong one. This emotional congestion builds up as sorrow in the lungs.

Asthma-Downloads

- I know what it feels like to take a breath easily and effortlessly.
- I know what it feels like to live my life without having anxiety attacks.
- I know what it feels like to live my life without stress.
- I know what it feels like to live my life without controlling everything.
- I know what it feels like to live my life without getting caught up in my own paranoid delusions.
- I know what it feels like to live my life without the panic of not taking a breath.
- I can breathe easily and effortlessly.
- I know what it feels like to be secure and strong in every situation.
- I know what it feels like to be allowed to use my medication.
- I know what it feels like to allow my body to grow stronger.
- I know what it feels like to want to exercise.
- I know how much to exercise without overdoing it.
- I build my body gradually to become strong.
- I know what it feels like to not take on other people's sorrow.
- I know what it feels like to not take on other peoples drama.
- I know how to live without other people taking advantage of me.
- I know what it feels like to live without my family draining me.
- I know what it feels like to live without resentment.
- I know what it feels like to live without being discouraged.
- I know what it feels like to live without being moody.
- I know how to be consistent and show my love easily to those I love.

- I know what it feels like to live without my mother controlling me.
- I know what it feels like to live without my father controlling me.
- I know its possible for my lungs to heal.
- I know it's possible to live without resentment for my body.
- I know what it feels like to have my body work in harmony.
- I know how to have patience with my breathing and exercise.
- I am determined.
- I am allowed optimal health.

Asthma-Downloads for the Lungs

- I know what it feels like to live without being a victim.
- I have the Creator's definition of what it is to cry.
- I know what it feels like to live without regret.
- I know the Creator's definition of what forgiveness feels like.
- I know how to live in joy.

Asthma Intuitive Remedy: Balance the energy of the adrenals.

Asthma Beliefs-Programs

Always begin the session exploring with the Digging Work for issues that pertain to when the asthma attacks first started.

Explore for issues pertaining to moving forward, exhaustion, fear and old sorrow.

The person may have a fetal memory of the mother's transferred anxiety that is the real cause of their disease. Instill that "I forgive myself," "I know how to live without asthma," "I know how to breathe" and "I understand how to breathe the breath of life."

Asthma Supplements

If you want to change the asthma, there are certain things that can be done. One of the things that can be done that is very helpful is to take them off all processed flour and white sugar. This makes a huge difference almost immediately.

In adults, use myrtle, oregano and a product called Fungi Cleanse. This will help kill any fungus that may be causing the asthma and thus clean out the body. With asthma sufferers who are children, starting them on a good vitamin and mineral supplements also helps the asthma. With children you need to be careful with the vitamins and use them according to their age, etc. A good mineral supplement seems to make a huge difference. Drinking lots of water makes a significant difference also.

Moderate exercise is one of the best things for asthma. However, the person with asthma must be very careful because over-stimulation of the lungs can cause an asthma attack. It is best for the person with asthma to begin exercise gently and gradually.

- Infrared saunas are beneficial for asthmatics.
- Spirulina and a product called Green Magic are beneficial for asthma.
- Proper hydration (water) is also very important.
- Vitamin B complex is good, as are stinging nettle, magnesium and calcium
- Sibu-berry drink is an amazing supplement drink that can help with asthma.
- Research has shown that people that use coffee or caffeine containing drinks generally have reduced instances of asthma attacks as compared to those that did not use caffeine.
- Noni.
- Pau d'arco tea.
- Olive leaf extract.
- There is recent contention among some scientists that the amino acid tryptophan helps in people with asthma. I support these findings in my practice with clients.
- People with asthma will likely need B vitamins, especially B6, vitamin A as well as a little copper, magnesium, calcium, potassium and iron (for women).
- Build the person's strength so the doctor will slowly wean them off their medications.
- In some instances, an alkaline diet will clear asthma.
- Zinc is a phenomenal mineral that can be used as an aid for asthma.

Attention Deficit Disorder- Attention Deficit Hyperactivity Disorder

ADD ADHD

Attention deficit hyperactivity disorder (ADHD) is a biological, brain based condition that is characterized by poor attention and distractibility and/or hyperactive and impulsive behaviors. It is one of the most common mental disorders that develop in children. Symptoms can continue into adolescence and adulthood. If left untreated, ADHD can lead to poor school/work performance, poor social relationships and a general feeling of low self esteem.

ADD or attention deficit disorder is a general term frequently used to describe individuals that have attention deficit hyperactivity disorder without the hyperactive and impulsive behaviors. The terms are often used interchangeably for both those who do and those who do not have symptoms of hyperactivity and impulsiveness.

ADD and ADHD are more prevalent in people than anyone realizes. In many instances, ADD and ADHD are caused by red and yellow dye in our food. The use and abuse of too much sugar can be a cause of ADD and ADHD, as can food allergies. Symptoms range among self-destructive behavior, tantrums, quickly frustrated and the inability to sit still. The parent needs to be very careful that the child is not misdiagnosed, as many of these symptoms are normal for a child. Children have the tendency to want to wiggle and move around a lot. Allergies can trigger ADD and ADHD. Studies have shown that children with ADD and ADHD have high levels of harmful bacteria and yeast in their urine.

It is a great source of amusement to me when a parent comes in completely distraught over the way their child is acting. In many instances, the child does not have ADD or ADHD at all, they are simply acting their age. Some parents can have unreasonable expectations of children and want them to act like adults. They are children! They are not going to act as an adult would. As parents, we need to be very careful in having proper discernment as to whether or not our children have disorders or if they are merely having growing pains. It is also possible that the child is incredibly psychic and needs more stimulation.

ADD-ADHD Intuitive Remedies

The DNA activation seems to help with children who have ADD and ADHD. My recommendation is to put your hands on the child and command that their body and mind function like a perfectly normal child. Very little Belief Work has to be done on a child. If you have to do Belief Work, it is likely to be the parents who need it. This can make a great deal of difference with the child.

ADD-ADHD Supplements

- The supplement of acidophilus to help their digestive system is recommended.
- Discontinue the use and abuse of sugar.
- Food allergies are a possible cause.
- Do not eat fast food.
- The amino acid GABA has helped children that have a tendency for violence.
- Calm Child by Planetary Formulas may be good.
- Omega 3s, 6s and 9s.

Autism

Autism is not a disease. It is a little understood developmental brain disorder that affects a small percentage of the population. In spite of over 50 years of research on autism it is still a little understood disorder. Many of my clients from the eastern seaboard of the United States (particularly in New York, Boston and the western state Utah show a great high incidence of autism in their children.

Autism is a problem with the nervous system. It is a developmental disorder and it usually manifests itself before the child is three years old. Signs of autism include self absorption, lack of reaction to other people, constantly rocking, or sitting by themselves in silence. They have a difficult time making friends, having conversations and having a preoccupation to the details of an object. Autistic children have a tendency to withdraw within themselves.

The evidence indicates that it is a nervous disorder. It can also be a genetic disorder; it can be caused by a brain injury before or after birth. There is speculation that it could be caused by venereal diseases or viral infections.

Four times as many boys suffer from autism than girls and there are varying degrees of autism. This is likely due to the fact that little boys are more vulnerable to different influences in the womb during fetal development. It is my opinion that there is a direct connection between autism and inoculations. Children with mild autism can also become very high achievers when they grow up. Children with more severe autism avoid physical contact and show no signs of understanding. Many of them do not attempt to communicate, but some of them will make gestures and sounds. Medical Science believes there is no cure for autism. Doctors believe that they should be assessed by an experienced psychologist and placed in programs that might help them.

Autism-Intuitive Insights

There are two kinds of autism that I see in children. The first kind of autism is caused by tragic birth or trauma during birth. It is as if the spirit is pulled a little bit away from the body. They have never discovered a medication that helps autism; however, we have found that going in and asking the Creator to put the spirit back into their space actually helps autism.

We find that the lack of communication and the inability to communicate can be changed by commanding the body to go back to fetal memory and to develop as a normal child. Gently placing the spirit of the baby back into their space will help autism. It seems that part of their spirit is trying to depart (or came very close to leaving) and hasn't quite been put back into their space.

The other form of autism that I've observed seems to be caused by too much mercury in the system. I believe the mercury is coming from vaccinations as well as from the mothers milk. No matter how many times you put the energy back into the body, the body will not hold that energy because the mercury is reintroduced into the system. Giving the child extra apple juice will help pull out the mercury and commanding the Creator to change the mercury into a harmless substance may heal the child.

Never command all of the heavy metals to be completely pulled out of the body because our body is made up of metals (elements). If you command too much of the mercury to be pulled out all at once it will also make the body very sick, even if you change it to another energy that isn't mercury. Response from the people who have autism is extremely successful where Healings are concerned. Making sure that the child feels constantly loved will break through that barrier which keeps them from communication. Pulling the heavy metals out is the key. The person with autism can be trapped in a bubble that they can't get out of. Command that their spirit completely come back into their body. They are often very brilliant children. Ask the Creator for the cause of the autism. It could be from birth trauma, or from vaccines.

Autism-Intuitive Remedies

Do the basic Healing on the child and command the mercury move out of their body. With Autism, it is important to work on the Belief Systems of the parents. These Beliefs are centered around that it is possible that the child can get better. One of my past students did Healings with his two autistic nephews and within three days time both of them were speaking coherently, when they had never spoken before. On of the boys walked up to his mother and said, "mommy, I love you".

Since many autistic children have had difficult births, their spirit may not be connected to their body. The practitioner should go out of their space and command the spirit reconnect to the child's body.

Autism-Beliefs-Downloads

- I am special.
- I am important.
- I enjoy being around other people.
- I feel safe around other people.
- I know how to live without other people and children making me irritable.
- I know how to live without noise making me stressed and irritable.
- I know its possible every day to feel smarter.
- I love to interact with other children.

- I interact with my mother.
- I love to learn.
- I understand what it feels like to be strong.
- It is easy for me to be accepted.
- I know what it feels like to receive love from another person.

Autism-Supplements

- Suggest the use of apple juice to pull the mercury out of their body. Continue to use Apple juice for several months.
- Making sure that the child has good vitamins and minerals is also very important.
- Vitamin E, vitamin C and vitamin B complex (children's vitamins.)
- Limit the use of wheat products.
- No soft drinks of any kind.
- No processed sugar.
- No red and yellow dye (dyes in foods).

Backache

I've had a great deal of success clearing backaches using a simple Healing. By simply going into theta and commanding that the back to go back into place and witness it done. You have to command the vertebrae as well as the muscles that are surrounding it at the same time. Most of the time the person is in pain for 15 minutes to an hour afterwards as the body readjusts itself, but after this period of time the person is better. What is interesting is that bones and muscle that have been out of place have a tendency to fall back into that same pattern and dislocate themselves again unless followed up with Belief Work.

Backache-Belief Systems have to do with the communication with the Creator and a higher relationship with the Creator. Other Belief Systems are how you feel supported and structured in your life. If you're not feeling supported, you're most likely going to get a back-ache. In many instances, backaches are caused by simple calcium-magnesium deficiencies, or picking up something too heavy without proper support.

Backache-Beliefs-Downloads

- I know what it feels like to be completely loved by the Creator.
- I understand the Creator's interpretation of love.
- I understand the definition of the Creator.
- I know what it feels like to be close to God.
- I know how to live without regret.
- I know how to hear the Creators truth without imposing my own opinion on the interpretations.
- I know how to live without fear.
- I know the Creator's definition of truth.
- I know the Creator's definition of forgiveness and compassion.
- I have compassion for myself.
- I know what it feels like to be a success.
- I know what it feels like to live without being a victim.
- I know what it feels like to live without victimizing others.
- I cherish myself.
- I know what it feels like to live without unreasonable struggle.
- I know how to live without the fear of the Creator abandoning me.

- I know how to live without being a martyr.
- I know what it feels like to live without the weight of the world on my shoulders.
- I know what it feels like to grow and become strong.
- I know what it feels like to have clear and decisive messages from the Creator.
- I know what it feels like to live my life without blaming God for everything.
- I know what it feels like to listen to the Creator's definition of what I need.

Bells Palsy

Bells Palsy is a Herpes virus that makes the affected area go numb due to neurological damage. Sometimes there is incredible damage to the face.

- The first thing to do is to use the Belief Work to remove and replace all worthiness issues. Like all herpes viruses, Belief work is the key.
- Ask the person what emotion was going on when they acquired the virus and use the Digging Work to find the Bottom Belief.
- Change the Beliefs that the virus and the host have in common.
- Ask God to reconstruct the nerve endings in the face. When you want to reconstruct the nerve endings, you have to make sure that they have the Belief that it is possible, because by now the doctor has told them that the effects from the disease is impossible to heal.

Bi Polar Disorder - see Manic Depression

Bladder Infection

Bladder infections are one of the easiest to clear up psychically. First find out who you're angry with and pull the energy of "I am angry with (persons name,)" replace it with "I release this anger" and instill the Feeling of forgiveness. Other external energies may also cause bladder infections.

- A bladder infection can be easily fixed by going up to the Creator of All That is and making the command:
- It is commanded that this bladder infection be gone now, thank-you, It is done, it is done, it is done."
- Go down into the bladder and witness the infection clear out from the bladder. Witness it cleared and sent to the light of the Creator.

This is an extremely easy way to clean up bladder infections. Once you are able to clean up bladder infections, you will have a clientele that will love you.

Blood Disorders

The blood is the great communicator for the body. Hormones sent through the bloodstream communicate to us the feeling that we are having a life experience. If we have poor communication skills, we have poor blood flow in our body and vice versa. For instance, when we cannot speak up and say 'no' to someone, there is generally poor blood flow. Blood is connected to how you perceive yourself. If your self-perception is a healthy one, then your blood will flow evenly through the body and others will perceive you in a balanced fashion. The thoughts that are sent to you in return will be balanced, causing the blood to regulate evenly.

Seen under a microscope, a blood cell is yellow. It is iron that makes the blood red and if there is no oxygen in the blood, it will appear blue. When we see many cells clumped together, they look red. Red cells live up to 90 days. Some white T cells can live as long as the person does. T cells can stay dormant until the virus they are programmed to fight comes into the system. You may only have one T cell that knows how to fight the virus, but it will reproduce into millions to fight the virus needed.

Bone marrow produces platelets and white and red blood cells. Red blood cells do not have nuclei. Red blood cells destroy their nucleus after they are released into the blood stream, so they have more room to carry oxygen to the cells. If a red blood cell fails to destroy its own nucleus, the spleen, in turn, destroys the cell.

If you go into a person's space and meet the blood cells, they will be busy and in a big rush.

Blood Disorders-Red and White Blood Cells have Different Roles

Red blood cells function as supply troops, delivering oxygen to cells and carrying away carbon dioxide wastes while white blood cells, called leukocytes, defend against attacks from invaders and clear away the debris for the blood. Five types of leukocytes are strategically deployed in the body.

- Neutrophils spearhead the fight at the site of an injury, engulfing bacteria and foreign particles.
- Eosinophils combat certain allergic reactions and detoxify foreign substances.
- Basophiles release anticoagulants and constrict and dilate to heal inflammation.
- Lymphocytes battle disease microbes and accumulate at cancerous lesions.
- Monocytes swell up to become macrophages, able to swallow large particles whole.

Blood Disorders-Blood Types

Humans have three types of blood: O, B and A. O type blood was the first blood to develop in antiquity from our hunter gathering ancestors.

- An antigen has the ability to make an antibody that will fight off a disease. Type A blood has the protein antigen A and plasma has B antibody.
- Type A blood can receive blood transfusion from both A types and O types.
- Type B blood has the antigen B, antibody A.
- Type B can receive blood from B and O types.
- Type AB means that they have both antigens and not antibodies.
- Type O blood will only receive blood from a Type O donor.
- AB blood is compatible from all.

Blood Disorders-Emotions of the Blood-Anger

Since blood goes through all the bodily systems, all the emotions come into play in the Circulatory System. Seen intuitively, the blood cells should act and feel happy, not angry or stubborn. The blood carries nutrients, hormones and Beliefs with it. If the blood is not flowing correctly, these vital nutrients and messages are not sent.

Blood Disorders-Intuitive Insights

If the healer intuitively sees black substances in the blood, it can be heavy metals. If brown particles are seen, then the kidneys or liver aren't cleaning the blood. The person may also see brown particles if there are parasites or undigested nutrients. If this is the case, the person needs more enzymes.

Blood Disorders-Beliefs

Belief Systems cycle around nurturing issues, receiving love, nourishment, co-dependent issues, return of soul fragments, fear of being alone, individuality, fear of abandonment and the "knowing" of what something feels like.

Blood Disorders-Supplements and Other Remedies

- Echinacea is the queen of all blood purifiers.
- Niacin is a blood purifier, but it is suggested to use for only two weeks at a time.
- Vitamin B.
- Red clover.
- Cayenne.

For more beliefs see Circulatory System.

Bone Fractures

When uneven, outside forces are applied to a bone, it has the potential to fail and create a fracture. Fractures occur when the bone cannot withstand outside forces that are applied to it. The terms of fracture, break and crack all mean the same thing in that the bone structure fails. There are few bodily pains that can compare to the pain of a broken bones. Some people pass out from the pain and some people have died from the shock of a large bone being broken. A broken bone hurts because the nerve endings that surround bones contain pain fibers. These fibers become irritated when the bone is broken. Also, broken bones bleed and the blood and associated swelling causes pain. The muscles that surround the injured area may go into spasm when they try to hold the broken bone fragments in place and these spasms cause intense pain.

In many instances, a fracture is easy to detect, but at times it is not easily diagnosed if there is no obvious deformity. Fractures can occur because of direct blows, twisting injuries, or falls. The type of forces on the bone determines what type of injury occurs. Descriptions of fractures can be confusing. They are based on where in the bone the break has occurred, how the bone fragments are aligned and if any complications exist.

The first step in describing a fracture is if it is open or closed. If the skin over the break is disrupted, then it is an open fracture. If the skin is cut, torn, or abraded, the potential for an infection to get into the bone exists. These injuries need to be thoroughly cleaned out and can require anesthesia to do the job effectively.

The next step is a description of the fracture line. Through an X ray, a doctor will trace the fracture line to see if it goes across the bone (transverse), at an angle (oblique) or at a spiral. The fracture could also be in two pieces or comminuted, in multiple pieces.

- Simple: A bone breaks into two pieces.
- Stress: A hairline break that is often invisible on the x-ray for the first six weeks after the onset of pain.
- Comminuted: Bone fragments fractured into several pieces.
- Impacted: One fragment of bone embedded into another fragment of bone.
- Compound: The bone protrudes through the skin. This is also called an open fracture.
- Complete: The bone snaps completely into two or more pieces.
- Incomplete: The Bone cracks but does not separate.

Bone Fractures-Intuitive Remedies

The bones and the spine align themselves when the muscles relax. It is tension in the muscles that prevent the bones from staying in alignment. It is necessary to do intuitive work on the muscles at the same time as the bones. Remember, the Creator of All

That Is will take care of it. Since the bones hold us up, they think they are the most important part of the body. Everything is based on the bones: the ligaments, muscles and the nervous system. The bones are the core of all that we are. The bones are directly connected to the crown chakra and because of this, they are the spiritual tuning fork; hence, the saying "I feel it in my bones." Anytime you work with the bones, you also work with cartilage. The front part of the rib is made out of cartilage so that we can breathe, while the back half is made out of bone. The sternum is cartilage. Bones that are broken and separated can be worked on by doing the basic Healing technique; going up and commanding the bone to be completely healed, watching it heal and wrapping with calcium.

When doing a Healing on bone, remember to bring in the creative energy of All That Is; otherwise, the body will steal calcium from the other bones, especially the hip bones. The bones are obedient to intuitive messages and listen to what they are told in a Healing. Injury can be tied to subconscious Beliefs pertaining to sacrifice and worthiness issues. You must be very tactful with the client when there are emotional issues in the bones because they are generally about trust and having support in life.

Never attempt to physically push a bone into place. If you experience a person with a compound fracture, you will of course call 911 as you are doing a Healing on them. In order to do a Healing on any kind of a fracture you are going to go into theta and command the bone to go back before the time that the accident happened and that "No, this did not happen," and watch the change in the bone. The skeletal system is extremely easy to heal and happy to cooperate. If the bone does not heal immediately, work on your Beliefs as a healer and go into a deeper Theta-State. Be gentle with yourself as a healer. Consistency in the Healings will come with practice. Remember that Belief Work might be necessary and it might be your Beliefs that are blocking the Healing. See if you have fear the injury or disease.

Bone Spurs

Too much calcium causes bone spurs. The problem could be that the parathyroid is not breaking down calcium.

Bone Spurs-Intuitive Remedy

Command a Healing and say, "Creator, show me."

Bone Spurs-Beliefs

Hatred in relationships.

The Brain

The brain is connected to and runs all the other systems. Neurons, the chemical messengers of the brain, communicate with the rest of the body and then messages are sent back from the body to the brain. All information is sorted out and registered and sent back for perception. You register much more information than you consciously perceive. If the brain is distracted or over-analyzes situations you will not take appropriate action.

The Frontal Lobe

Every time you connect to the Creator and are then in Theta, you activate the frontal lobe as well other parts of the brain. Visualizing takes place in the front lobe of the brain. The inner knowing of intuition is in the heart chakra center. Wake up the inner knowing with "It is safe to see intuitively," and "It is safe to know with intuition." The more that you maintain a Theta Wave in the brain, the more developed the intuitive abilities become.

Accepting what is felt, sensed, heard or seen intuitively, gives the ability to properly visualize inside the frontal lobe of the brain. Test yourself or your clients for blocks of intuition, trading for abilities and old obligations that prevent a person from visualizing.

Each Lobe of the Brain has its Function:

- The Cerebrum has the nerve center that controls sensory, motor activities and intelligence.
- The Frontal Lobe influences personality, judgment, abstract reasoning, language expression, social behavior, and movement (in the motor portion.)
- The Temporal Lobe controls hearing, language comprehension and storage and recall of memories (although memories are stored throughout the brain).
- The Parietal Lobe interprets and integrates sensations including pain temperature and touch. It also interprets size shape distance and texture. The parietal lobe of the non-dominant hemisphere is especially important for awareness of body shape.
- The Occipital Lobe functions mainly to interpret visual stimuli.
- The Cerebellum functions to maintain muscle tone, muscle movement and body balance.
- The Brain Stem consists of the midbrain, the pons and the medulla oblongata. It is the message system between parts of the nervous system and has three functions.

1. Produces autonomic behaviors in the body.

2. Pathways for nerve fibers to neural centers.
3. The origin of most of the cranial nerves.

- Mid brain is the brain's reflex center for cranial nerves it mediates eye movement
- The Pons connects cerebrum to the cerebellum and links the mid brain to the medulla oblongata. It mediates chewing taste and saliva secretions hearing equilibrium
- Limbic system: Basic drives hunger aggression emotions sexual arousal
- Reticular is the activating system screening channeling to the right area of the brain
- The Diencephalon consists of the thalamus and the hypothalamus. The thalamus is a relay station for all sensory stimuli and the hypothalamus controls autonomic functions.

Beliefs-Downloads

- Fear of action.
- Acceptance of God's healing.
- I know how to take action.
- I know how to allow love.
- I know how to live without over-analyzing.
- I know how to receive a healing without resistance.
- I know what it feels like to live without pain.
- I know what it feels like to accept help from others without feeling weak.

Brain Damage

To work on adults or children who have any kind of brain damage, you simply go into the brain and command the brain cells to become whatever they need to become. If any part of the brain is damaged ask the Creator to show you the problem and command it to change. As you command it to heal, the fetal memory in the child's brain will start to repair what needs to be done immediately. This is sending stem cells to repair the damage. If you are unfamiliar with different parts of the brain, all you have to do is ask the Creator to show you what needs to be done and witness it. Waking up a child's brain is easy. Working with children and teaching their brain what to do is simple. All you have to do is command it to be so and let the stem cells and the brilliance of an infant's mind and spirit go to work. It is best to work on the beliefs of the parents to permit the child to heal. Never underestimate the power and influence of the DNA bond between a parent and their child. If the parent is broadcasting negative Beliefs, the child will soak them up like a sponge.

Bronchitis

It's a known fact that bronchitis and other similar diseases are caused by infections that are in the lungs. When working with these types of diseases, I will sometimes wait and see if the immune system of the person will take care of it. This is because it is important to let the immune system strengthen itself by destroying the disease. People will always come to me and wonder why I haven't worked on someone's flu or bronchitis. In many instances the immune system of the person has already destroyed the bacteria or virus. The symptoms the person is showing are due to the rapid die off of the bacteria and virus, the damage caused by it and the whole thing is a process the body has to go through. When you do a Healing on someone that has the flu or bronchitis, you may get rid of the bacterium-virus that's causing it, but the rapid die off of the dead cells from the bacteria could cause symptoms that will make the client very unhappy.

Bronchitis-Belief Work

For the most part, I first suggest that the person uses herbal supplements and then I use Belief Work secondly. If the person has developed a cold or bronchitis, this usually means that the person is fatigued or is stressed. Many people will unconsciously permit a disease into their system just so they can stay home and get some rest.

Bronchitis-Supplements

- One suggestion for bronchitis is to use colloidal silver. Colloidal silver should be used judiciously and not all the time. People have used it so much that their skin turned blue.
- Pycnogenols are good.
- Vitamin A, vitamin B's.
- CoQ10.
- Siberian ginseng.
- Mullin.
- Echinacea.
- Sibu-juice is wonderful!
- Noni should be used by itself, not in accordance with antibiotics because the two will cancel and inhibit one another.

Bronchitis-Belief Systems

Belief Systems associated with bronchitis are connected to sorrow.

Burns (skin)

One day I accidentally poured hot tea over my arm that would have likely caused a third degree burn. I did not look at it and covered it up. I said "No, this didn't happen." When I uncovered it, the burn was completely gone. On another occasion one of my students came to class with a burn and asked me to heal it. It was the third degree burn and I did a Healing on it, but since it was not instantaneously healed I could see she was disappointed. However, the burn had healed completely within three days. The doctor that she went to said he'd never seen anything heal so fast. Each person heals according to the paradigm of their own Belief Systems. Anytime that you get a burn, immediately go up out of your space and say "No."

Burns heal tremendously fast with small children. Going in and commanding that "No. this did not happen" will do amazing things. Remember, when the child is first burned, command that all the pain be gone. It's the pain in the nerve endings that make the burn worse. If you can dissolve the pain in the skin, you'll stop the burn from going in and burning deeper. It will stop immediately and will cause no skin damage. In a severe burn, the nerve endings radiate total pain. This creates a shock wave that destroys more nerve endings, causing great destruction to the tissue. Command the relief of all pain, command that the burn is completely gone and tell the body that it's completely healed. Sometimes the shock of seeing a deep burn will frighten you into absolute panic, so be sure to put your hand over it or throw a towel over it (making sure it's clean and dry, especially if it's a deep burn,) and command "No this did not happen". When a burn first occurs, don't look at it. Keep it covered and heal it before looking at it, so the conscious mind doesn't get in the way. Command that the pain is stopped now. The myelin sheaths are going crazy because of the burn and the neurons are screaming messages to the brain that make the situation worse. I always say to the burn, "No this did not happen."

Burns-Supplements or Other Remedies:

- Always consult your health care professional.
- Say: "No, I don't think so" to the burn and that it did not happen. Witness that it does not leave a scar.
- It is said honey heals burns because a bacterium will not grow in it. Grade A honey can have corn syrup added to it, so this is not the best for healing. Un-pasteurized pure honey is said to be best.
- Light Therapy: Colors to use are blue and magenta.
- Only put a 1st degree burn under cold water.

3rd Degree Burns: Seek medical help. Witness the Creator heal the burn and follow up with a doctor. After treatment, it is suggested to use a combination of un-pasteurized pure honey, comfrey, vitamin E and the skin will grow back.

Cadmium Poisoning

Cadmium is an inorganic substance that is naturally present in the environment. However, with the advent of modern industry, cadmium has become a health risk in areas where there is metal smelting, in plastics and batteries. Cadmium is present in paints, dyes and toys. There was an incident in the UK in the 1960s where the British government conducted an experiment that involved spraying cadmium over the town of Norwich, causing untold health risks to the inhabitants. As with lead poisoning, cadmium is very toxic to the body. Cadmium can be present in lower levels in drinking water, fertilizers, even in coffee, tea and soft drinks. Cigarettes have very high levels of cadmium and lead. This can cause high blood pressure, loss of smell and puts a strain on the kidneys.

Cadmium Poisoning-Intuitive Remedies

As with any toxic poisoning, cadmium poisoning responds well to the Healing. Witness the Creator release the toxins from the body and suggest supplements to rebuild the body.

Cadmium Poisoning-Remedies-Supplements

- One of the things that pulls out cadmium from the body is zinc 50 to 100 mg a day on a full stomach.
- Calcium-magnesium.
- Vitamin E.
- Alfalfa.
- Spirulina.

Cadmium Poisoning-Beliefs That Draw Cadmium

- Not feeling enough love.
- Not getting enough support.
- The promise of support and not receiving it.
- Being abused and told that it is love.

Cadmium Poisoning-Downloads

- I know the Creators definition of love without abuse.
- I know what real love is.
- I know what love is without having to struggle or beg for it.

Cardiovascular Diseases

Cardiovascular disease is a broad term used to describe a range of diseases that affect your heart or blood vessels. The various diseases that fall under the umbrella of cardiovascular disease includes coronary artery disease, heart attack, heart failure, high blood pressure and stroke. The term "cardiovascular disease" is used interchangeably with heart disease because both terms refer to diseases of the heart or arteries. By whatever name you call it — cardiovascular disease or heart disease - it's clear that diseases of the heart and blood vessels are serious problems. Cardiovascular disease is the No. 1 worldwide killer of men and women. For example, cardiovascular disease is responsible for 40 percent of all the deaths in the United States; more than all forms of cancer combined.

While cardiovascular disease can refer to many different types of heart or blood vessel problems, it's used most often to describe damage caused to your heart or blood vessels by atherosclerosis. This disease affects the arteries. Arteries are blood vessels that carry oxygen and nutrients from your heart to the rest of the body. Healthy arteries are flexible, strong and elastic. Over time, however, too much pressure in the arteries can make the walls thick and stiff. This sometimes restricts blood flow to your organs and tissues. This process is called arteriosclerosis, or hardening of the arteries. Atherosclerosis is the most common form of this disorder. Therefore, if atherosclerosis is the most common cause of cardiovascular disease, you may wonder what ultimately causes atherosclerosis. The culprits are the same risk factors you have heard mentioned in connection with heart disease and cardiovascular disease: An unhealthy diet (saturated fats), lack of exercise, being overweight and smoking. All of these are major risk factors for developing atherosclerosis and, in turn, cardiovascular disease. Some forms of cardiovascular disease are not caused by atherosclerosis. Those forms include diseases such as congenital heart disease, heart valve diseases, heart infections or disease of the heart muscle called cardiomyopathy.

Included in this section of cardiovascular disease is the Heart, Hypertension-High Blood Pressure and High Cholesterol.

Cardiovascular Diseases-Heart Disorders

Heart Disorders-Intuitive Insights

Scientist have discovered that some species of birds are the longest living creatures based on the way their heart beats. This is an indication of how special the actions of the heart are for us.

A long time ago, I worked with a man that had heart problems. As I was deep into the trance-like state of Theta, I watched an angel come into his body and take one heart valve out and plug it into another spot. Many years later he went in for heart surgery. They found out that he had a valve that had rejoined itself to another part of the heart.

You are affected by the thoughts of the people around you. The company you keep is one of the most important things you can do for your heart. The person that you are with should have a matching vibration to your own. Communication with this person is important. You might be with your soul mate and not know it, because you do not communicate with them. Work with the blood and heart to learn how to communicate. If you dwell on negative thoughts, it will drain your body and create what you dwell on, such as a heart attack.

The heart functions from constant hormonal messages that create an electrical pulse. It has its own internal pacemaker that monitors itself and has several backup systems. You can keep your heart in perfect order by keeping your liver in perfect order. Your liver processes the food for the heart and through the heart to the brain. The cleaner your liver, the better your heart is going to work. Some of your T cells can live an entire lifetime. Your heart cells live an entire lifetime and according to conventional medicine never regenerate themselves. In the instance of a heart attack, half of the heart can be affected. Doctors are going to tell you that it is impossible for the heart to be as it once was. In the case of heart failure or a major heart attack, they believe that this part of the heart will never come back, but I do not believe this to be true.

I had a woman come to me that told me the doctor said she had only 17% of her heart function. She could barely walk into my office. I did some work with her and she ended up getting a divorce. After her divorce, she was tested and her heart was up to about 60% of its normal functioning. The doctors were stunned by this inexplicable event. They could not figure out why her heart cells had regenerated.

You have to realize that your body produces stem cells and it can regenerate anything. The stem cells can become anything that the body needs. An interesting animal that has learned to manipulate its stem cells is a Salamander. Salamanders can trigger a part in the brain to grow things back – tail, feet and legs. I think that we all have the ability to regenerate ourselves, but this ability has been forgotten. There are many scientific instances where children that are unaware that they cannot grow back a hand or finger will grow one back.

I had a man come to my class that had accidentally cut the tip of his finger off in an accident. He stuck it in a jar of honey so the finger would heal slowly, the idea being

that the skin and bone would re-grow. He grew his whole finger back – including the nail.

Little children can have a stroke that destroys part of their brain and their body, but still have the fetal memories of regeneration. This is achieved through a hidden autonomic response that repairs the damage to their bodies.

The body is a miracle! Your body is constantly repairing itself. It is continually working for you to bring the cells oxygen and food. It constantly sends messages back and forth to the body to ensure that there is enough sugar in the bloodstream, enough oxygen in the bloodstream and so on. These autonomic responses of the body are going on every second throughout our lifetime. I believe ThetaHealing is the key that can trigger this forgotten ability of regeneration so that the body heals itself.

Heart Disorders-Medical Terminology

Aneurysm - A section in a blood vessel where the wall becomes thin and bulges outward.

Angina Pectoris - Pain or heavy pressure in the chest that is caused by insufficient supply of oxygen to the heart.

Angiogram - A diagnostic picture produced by injecting into the heart and/or blood vessels a dye that is visible on x-ray.

Angioplasty - A procedure in which a small balloon is inserted into a blocked or partially blocked artery to compress the plaque on the blood vessel wall to widen the artery to allow blood to flow through it.

Aorta - The main channel for heart arterial circulation; the large artery into which oxygenated blood is pumped by the heart.

Aortic Stenosis - A condition in which the aortic valve is narrowed, restricting blood flow to the heart into the aorta.

Arrhythmias are disturbances in the normal rhythm of the heartbeat. There are different kinds of arrhythmias, some that are quite dangerous, even life-threatening, while others may merely be annoying and pose no particular danger.

Cardiac Arrest - Cardiac arrest occurs when the heart stops beating. When this happens the blood supply to the brain is cut off and the person loses consciousness.

Cardiomegaly - The medical term for enlargement of the heart.

Cardiomyopathy - Any group of diseases of the heart muscle that results in impaired heart function and ultimately heart failure.

Cardioversion - A procedure used to correct arrhythmia in which electrical current is applied to the heart to restore normal rhythm.

Carditis - Inflammation of the heart muscle.

Carotid Artery - The major artery to the brain.

Catheterization - A procedure used to diagnose the condition of the heart and or circulatory system. A hollow tube called a catheter is inserted through the blood vessel to detect artery blockage or discover malformations in the heart.

Claudication - Clamp-like pains in the legs that are a result of poor circulation in the legs.

Congenital Heart Defect - A Heart defect that is present at birth, though not necessarily inherited.

Congestive Heart Failure - A condition of chronic heart disease that results in fluid accumulation in the lungs.

Coronary Arteries - The arteries that supply blood to the heart.

Coronary Artery Disease - Arteriosclerosis of the coronary arteries.

Echocardiogram - A procedure using ultrasound technology to form an image of the heart as a means of diagnosing heart disease.

Electrocardiogram - A diagnostic test that tracks electrical impulses in the heart.

Embolism - A circulatory condition in which a foreign object such as air, tissue, gas or a piece of a tumor is transported around the body and becomes trapped in a blood vessel obstructing the flow of blood.

Fibrillation - An irregular heartbeat characterized by a slow beating of the heart, or a rapid one. Fibrillation is often a complication of a heart attack.

Heart Attack - The medical term for a heart attack is myocardial infarction. In a heart attack, the heart is cut off from oxygen. Depending on the size and location of the areas affected, the heart attack may be described as mild or severe. The individual that suffers from a heart attack can have symptoms such as pain in the chest, neck and jaw. Other possible symptoms are shortness of breath, nausea and vomiting.

Heart Murmur - Sound made by the heart that may or may not be a heart condition.

Mitral valve prolapse is a condition with the mitral valve, which controls blood flow from the left atrium to the left ventricle, (which is the heart's main pumping chamber) that protrudes too far into the left atrium while it is pumping. In many cases, this causes no symptoms at all, although some people experience occasional fatigue, dizziness and palpitations of the heart.

Stroke - An interruption of blood flow to the brain.

Thrombosis - The formation of a clot in a blood vessel.

Valvular Disease is a term for disorders that impair the functioning of one or more of the heart valves. It may be caused by a congenital defect, or it may be caused by an illness such as rheumatic fever or endocarditis, which is an infection of the heart muscle.

The Heart-Conventional Medicines

- Ace inhibitors inhibit the formation of the hormone angiotensin, which narrows the blood vessels.
- Anticoagulants are commonly prescribed for people in particular danger of developing blood clots.
- Beta blockers induce the heart to beat more slowly and with less force.
- Calcium channel blockers relax blood vessel muscle.
- Central adrenergic inhibitors prevent the nervous system from increasing heart rate and narrowing blood vessels.
- Diuretics, or water pills help the kidneys get rid of sodium and water reducing the volume of blood in the body and therefore the strain on the heart.
- Helidac is a treatment for E Pylori, which is now seen as a culprit in heart diseases. It is a prescription medication that contains three different drugs; bismuth subsalicyle, metronidazole and tetracycline.
- Many illnesses mimic heart attacks such as gall bladder attack, fibromyalgia (that causes pain in the chest), or reflux disease. Regardless, if you have chest pain it is best to see a physician.
- Studies have shown that people who take a supplement of coenzyme Q10 following a heart attack are less likely than those who did not, to have a second attack within five years.
- For those who have had a heart attack, it is best to avoid high levels of salt, sugar, white flour; and of course, avoid alcohol and tobacco abuse.

The Heart-Emotions and Beliefs

Anytime someone has a heart operation of any kind they are going to get abrasive and easy to anger. Many men will have associated problems with the prostate. Sometimes you will discern problems in the prostate when you scan the body before you "pick up" heart problems.

I find that many people have heart problems because they are trying to be in two relationships at once. Some people's relationships are in the past. They are mad at someone for not being what they want them to be. They loved this person in the past. I do not mean a separate person - I mean the person they are with is not the person they want to be with; and this is because over time they changed.

Some people think that they have to become what the other person wants, so that is what they do. After three or four years of doing this they get really tired of trying to be what everyone else wants them to be and they become resentful.

This works with family relationships as well. Sometimes, you try so hard to be what the family entity wants you to be and you find its a hard thing to maintain --- so you begin to resent all of them for it. It works the same with individual family members as well, like your mother and father. Sometimes you are trying so hard to be what your mother or father want you to be, or perhaps you are trying hard to be what they don't want you to be. Regardless, the synergy of all this can bring up resentments.

When the client has a hurt or broken heart, the client will be complaining about chest pain. The practitioner will need to teach them how to accept love easily. If after seeking the Creators wisdom and you feel that it is a physical problem with the heart, witness the Creator cleaning out all the valves in the heart area, intuitively. Keep an eye on him/her. Be prepared to work on their heart when it needs to be worked on. Suggest medical advise.

Love and joy are prevalent emotions in the heart, so people that have many heart problems may not know how to receive and accept joy. They may not know how to receive and accept love. My theory is as follows: if it is the arteries with the problem, they do not know how to give love... if it is veins they do not know how to receive love. If they tell me something is going on in their veins, I know which way to go, because one is giving oxygen and one is bringing back the blood to get oxygen.

It always has something to do with love... or fear of life. I know that they are going to have a lot of old anger come up so I have to be careful in my wording or they might have a need for confrontation. If they have major heart problems, I know there is probably a reason why.

Sometimes when people have many affairs, the heart chakra suffers because they don't know how to love someone completely and wholly.

- Do you know how to love someone completely and wholly and accept them for who they are?
- To let them be who they are... and still be yourself?
- Some people feel they have to give their identity up in order for them to be in a relationship. If you have this Program, it's probably one of many that you want to work on.
- I have to give up who I am in order to be in a relationship.
- I have to give up my identity in order to be in a relationship.

The Heart-Downloads

- I know the Creator's definition of what it feels like to respect myself.
- I know what it feels like to respect my family and others.
- I know what it feels like to respect Theta-Work.
- I know the definition of what it feels like to be sweet.
- I understand what it feels like to be loved.
- I know what a mothers love feels like.
- I know what a fathers love feels like.
- I know what a child's love feels like.
- I know what it feels like to live my day-to-day life without despair and sorrow.
- I understand what it feels like to communicate with others.
- I know what it feels like to be important enough to communicate my thoughts easily and effortlessly with others.
- I know how, when and that its possible to communicate.
- I know that its possible to live my life without being selfish and self-centered.
- I know what it feels like to live my life caring about others.
- I know what it feels like to still care about myself.
- I know what it feels like to take in the breath of life.
- I know how to deal with confrontations.
- I know how to interact with others.
- I know how to live without fighting for my right to be.
- I know how to say no.
- I know how to live without people taking advantage of me.
- I know how to honor my boundaries and those of others.
- I know what it feels like to learn easily and effortlessly.
- I know how to confront someone in the highest and best way.
- I know how to be aware of other people's feelings.

- I know how to be assertive.
- It's easy for me to be respected.

The Heart in a Reading

If there are problems in the heart, it will be very loud in a Reading as you scan the bodies' organs. As you find that the person has problems in the heart, you will try to move to scan the other parts of the body, but you will constantly get pulled back to the heart until you ask the person if they have challenges with their heart. The heart will call to the Reader to help it. For problems in the heart, use the Broken Soul and especially the Heart Song exercise.

The Tone from the Heart-The Heart Song

This process is to release sorrow and anger from all levels through a tone from the heart. One of the most divine attributes that we possess as humans is the spoken word. But one of best ways we express this is in the aspect of song. The heart song exercise is designed to release sorrow and anger from the past to the present with a tone that comes from the heart, released in a continuous song through a tone re-created by the voice. Each organ has its own song that it sings and we can release negative influences from each organ by singing the sad song using our voice. To do this, you must go up out of your space and make the command that sorrow is released from your heart. Only the voice of the client is able to release the sorrow and pain from the heart. The practitioner cannot release it for them and can only assist the client by encouraging them to create the tone.

This process is directly connected to the collective consciousness of humankind. When this process is done, we release the suffering of all humanity on a universal level. Many of the people that do this exercise will connect to the universal tone that releases anger, hatred and sorrow on a universal world level.

When our essence comes into this existence, the soul carries three molecules with it. These three molecules that are connected to the soul go with it everywhere it goes. These molecules become distributed throughout the human body to three places when we enter into this life.

- One in the pineal gland that releases emotions and physical Programs.
- One is in the heart that releases old sorrow and anger.
- One is in the base of the spine.

This process activates the molecule in the heart to release sorrow.

The practitioner should guide the client through the process in the following way.

The Heart Song

1. Center yourself in your heart and visualize going down into the Mother Earth, All That Is.

2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.

3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.

4. Make the command; "Creator of All That Is, I command sorrow be released from the heart through a tone from my voice. Thank you. It is done. It is done. It is done."

5. Imagine that you are going down deep into your heart. Listen to the sad song your heart sings. Let the tone come out in your voice in soft, even tones. Yelling and screaming does not release this energy. As you listen to the sound that the heart sings, listen to all the resentments and frustrations with war, famine, hatred and anger that are locked in the heart. Let the sound that is locked in the heart come out of your mouth in the tone that is released.

6. The practitioner should encourage the client to let the tone come out of their mouth and to continue until all the negative aspects are released from the heart. Now move the tone to every part of the body, releasing all trauma from the rest of the body.

7. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth, pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

The way to tell that the process has finished is that the client feels finished. They will feel as though they have released all the built up sorrow and anger from the heart.

This process can be done more than once if the Client needs to release more in layers from the heart. The client may not completely trust releasing all the stored sorrow with another person. If the client does not feel comfortable releasing, tell them that they can use the process when they are alone, perhaps as they relax in a hot tub of water. This process is capable of creating amazing healing properties for the body. Download the feeling and the knowing of "Everything I have experienced matters," "This time I can wake them up," and "I can wake others up to their divine selves."

Heart Attacks

Seek medical assistance! Signs of a heart attack include chest pain, sweating, nausea, vomiting, shortness of breath, dizziness, fainting, feelings of anxiety, difficulty swallowing, sudden ringing in the ears and loss of speech. The severity of chest pain will vary from one person to another. Some people have intense pain while others feel only mild discomfort. Many mistake the signs of a heart attack for simple indigestion. Some have no symptoms at all, a situation referred to as a "silent" heart attack.

Heart Attacks-Intuitive Remedy

Heart attacks always relate to not receiving love. People with heart problems are snappy and unaware that they are cross to other people. If someone has had bypass surgery, it is typical for them to be short tempered. After a heart attack, the person is supposed to live with less of the heart's pumping capacity. This condition can cause people to create Programs relating to the people around them. The heart cells live as long as the body functions and they do not regenerate unless (I believe) you use theta-work to re-create them.

Command the veins and arteries to clear and resume blood flow. Command the heart to beat until the right rhythm is restored and give it energy from the Creator. Use stem cells to rebuild the heart.

Heart Attack-Downloads

- I understand the Creator's definition of what it feels like to be nurtured.
- I have the Creator's definition of how to nurture myself.
- I understand how to be loved.
- I understand how to accept love.
- I understand how to have joy.
- I understand what joy feels like.
- I know what it feels like to live without giving up who I am in order to be in a relationship.
- I know what it feels like to live without having to give up my identity in order to be in a relationship.
- I know how to love someone completely and wholly.
- I know how to give love.
- I know how to deal with confrontation in the highest and best way.
- I live without fearing life.

Heart Attacks-Remedies

Call for an ambulance! Do a Healing. Use CPR if you know how to do it.

Heart Attacks-Supplements

- Lack of copper and magnesium can cause a heart attack.
- Hawthorn herb as a preventive measure.
- Magnesium and mineral supplements.
- ALA,
- CoQ10,
- Grape seed extract,
- Lecithin
- Selenium.
- Use potassium only if their medication allows.

Cardiovascular Diseases-Hypertension-High Blood Pressure

Hypertension can be a precursor to heart problems. Hypertension is a common form of cardiovascular disease. It usually results from a decrease in the elasticity in the interior diameter of the arteries. This may be caused by arteriosclerosis, defects in sodium metabolism, stress, nutritional deficiencies, enzyme and electrolyte imbalances. By the time hypertension becomes advanced enough to cause symptoms such as shortness of breath, rapid pulse, dizziness and sweating, it is much harder to treat. Many people do not even know that they have hypertension until it is too late. This is why it is called the "silent killer." An estimated 35 million Americans have high blood pressure. Almost half of these people have no idea they have a problem until it is too late. Women are as likely to suffer from this condition as men are.

Blood pressure is usually divided into two categories, designated as primary and secondary. Primary hypertension is high blood pressure that is not due to an underlying disease. The precise cause is unknown, but the risk factors include cigarette smoking, stress, obesity, excessive use of stimulants such as coffee or tea, drug abuse and high sodium intake.

When elevated blood pressure arises as a result of another underlying health problem, this is called secondary hypertension. The causes of secondary hypertension may be arteriosclerosis, hardening of the arteries or poor kidney function.

In someone with high blood pressure, you will be checking for excessive pressure in their circulatory system as the blood is pumping through their veins. This is done when the body and the heart are relaxed. If blood pressure is high in a person, the blood pres-

sure doesn't relax and the pressure on the veins can become too much. The pressure on the veins will find a weak spot in the veins and the person can develop a stroke, kidney failure, or even a heart attack. When I refer to a stroke, I am referring to an aneurism where the blood vessel wall becomes thin, bulges and bursts causing a stroke.

Hypertension-How to Test for Blood Pressure

With no clothing on the arm, turn the arm out, put the cuff on above the pulse, above the elbow bend. The systolic is the highest pressure that the blood pumps out of the heart. The lower is the diastolic, which is when the system is between beats or the resting pressure. Everyone's blood pressure is different. If there is too much range between the systolic and the diastolic numbers, there is cause for some concern. If the lower number is too high, there is too much standing pressure in the system. If the systolic is high they are more liable to have a stroke. If someone is very agitated and has low blood pressure, then it is possible that something is wrong. Any time there is a blockage in the carotid arteries there will be symptoms of hypertension.

- When the blood pressure is too high, bottom or top number, it can blow out your kidneys and this could blow out the top of your heart.
- If your kidneys are functioning right, the blood pressure should be normal.
- If your blood pressure is high, your body may not be breaking down salts the way it needs to. Your lipids are not being maintained in the body and this can cause a problem.
- Sometimes liver problems can cause high blood pressure.
- Stress can raise blood pressure.
- The heart has to pump between 50 and 100 beats per minute.
- The pulse should be between 50 to 70 beats a minute.
- The bottom number on the blood pressure machine should be 60-80.
- The top number should be 120-140 – (but 120 is better.)
- People with hypertension have a tendency for sleep apnea. Sleep apnea is a dangerous condition in which the person stops breathing for short periods while they sleep.
- In some instances, the pharmaceutical medication for high blood pressure can cause low blood pressure, which is called hypotension. The symptoms of hypotension are fainting, fatigue, nausea, sweating and even loss of consciousness.

Hypertension-Avoid

Avoid excessive caffeine, alcohol and tobacco. If you have high blood pressure do not use antihistamines. Avoid the specific amino acids of phenylalanine and tyrosine.

Hypertension-Intuitive Remedy

Witness the balance of the hormones of the heart that are sent from the brain. Have the Creator "Show you."

Hypertension-Supplements or Other Remedies

- Apple pectin (from apple juice) helps to lower blood pressure.
- Omega 3s will help prevent cholesterol buildup in the veins.
- COQ10, amino acids, vitamin C, vitamin E, vitamin B, garlic, zinc, selenium, lecithin and do a liver cleanse.
- Be cautious in the use of Gingko Biloba as there is the risk of stroke.
- Lower the sodium intake.
- Start a diet high in fiber.
- Some chiropractic back adjustments will affect blood pressure.
- Magnesium.
- Cucumber is amazing to regulate blood pressure.
- Begin moderate exercise.
- Some acupuncture procedures will affect blood pressure.

Cardiovascular Diseases-Cholesterol-High Cholesterol

Cholesterol is a fatlike substance that your body needs to function normally. Cholesterol is naturally present in cell walls or membranes everywhere in the body, including the brain, nerves, muscles, skin, liver, intestines and heart.

Your body uses cholesterol to aid in the production of hormones, vitamin D and bile acids that help to digest fat. It takes only a small amount of cholesterol in the blood to meet these needs. If you have too much cholesterol in your bloodstream, the excess may become deposited in arteries, including the coronary (heart) arteries, where it contributes to the narrowing and blockages that cause heart disease.

Coronary heart disease is caused by cholesterol and fat being deposited in the walls of the arteries that feed nutrients and oxygen to your heart. Like any muscle, the heart needs a constant supply of oxygen and nutrients, which are carried to it by the blood. Fixed narrowing in the arties that is often calcified (hardened) usually can cause angina. Less severe narrowing may contain unstable blockages called fatty plaque. Unstable atherosclerotic plaque can rupture, resulting in clot formation, no blood flow and possibly a heart attack.

If the blood supply to a portion of the heart is completely cut off by total obstruction of a coronary artery, the result is a heart attack. This is usually due to a sudden closure

of the artery from a blood clot forming on top of unstable plaque.

A simple blood test is used for high cholesterol. Knowing your total cholesterol level is not enough. A complete lipid profile measures your LDL (low-density lipoprotein, the bad cholesterol), total cholesterol, HDL-high density lipoprotein (the good cholesterol) and triglyceride that is another fatty substance in the blood.

A desirable total cholesterol level is 200 mg/dL or lower. A desirable LDL is 100 mg/dL 130-159 is borderline high, 160 is high, 190 is very high. HDL, the "good cholesterol," should be around 40 mg/dL or greater. With HDL, the higher the number, the better and 60 mg/dL is protective against heart disease.

Too many Americans have high levels of total cholesterol and LDL (the bad cholesterol). A diet high in saturated fat (a type of fat found mostly in foods that come from animals and certain oils) raises LDL levels more than anything else in the diet. You also eat cholesterol in your diet, although the effect of saturated fat in the diet is greater than the effect of dietary cholesterol. Trans-fatty acids (seen in processed foods and many "fast foods") can also increase LDL levels. Dietary cholesterol is found only in foods from animal products. Genetic factors combined with eating too much saturated fat and cholesterol are the main reasons for high levels of cholesterol that lead to heart attacks. Reducing the amount of saturated fat and cholesterol you eat is an important step in reducing your blood cholesterol levels.

Cholesterol-High Cholesterol

- If your family is from northern regions, there is a heightened incidence of higher cholesterol.
- If your family is from the equator, it tends to be lower.
- If your family is from the Polynesian islands, it tends to be higher.
- What is normal cholesterol for someone is not necessarily normal for another person.
- Eating good lipids will lower cholesterol.
- Most vegetarians do not usually eat the good fats in their diet – they should eat avocados and evening primrose. If you do not have the lipids when you are a vegetarian, your cholesterol may be high. You may even gain weight and get depressed.
- Selenium can be used as a preventative for stroke.
- Magnesium is necessary in order to make the heart work right. It also is necessary in brain function. Without it you can get paranoid, delusional and depressed. The use of magnesium can clear up issues of the heart.

High Cholesterol-Intuitive Remedy

Balance the hormones of the heart in the brain. Have the Creator "Show you." Make sure they know how to receive and accept love and how to give love.

High Cholesterol- Supplements

- Using ALA and Omega 3s, essential fatty acids will lower cholesterol levels.
- Selenium lowers cholesterol levels.
- Vitamin C is helpful for high cholesterol, but you should not use more than 3000 to 5000 mg; used sporadically during the day at no more than a thousand mgs at a time.
- Lecithin helps lower cholesterol.
- Fiber and oat bran will lower cholesterol levels.
- Getting proper sunlight seems to lower cholesterol levels.
- Using virgin olive oil in your diet seems to lower cholesterol.

This section is dedicated to all the different types of cancers that I have worked with over the years.

Cancer

Cancers fall in to four broad categories defined by conventional medicine as:

Carcinomas - Carcinomas are cancers that affect the skin, the mucous membranes and the glands in the internal organs.

Leukemia - Leukemia is a cancer of the blood.

Sarcomas - Sarcomas are cancers that affect muscles, the connective tissues and bone.

Lymphomas - Lymphomas are cancers that affect the lymph system.

Modern researchers have found many reasons for cancer. Poor diet is the cause of about 30% of all cancers; cigarette smoking causes 30%, genetics cause 10%, carcinogens in the workplace cause 5%, family history 5%, lack of exercise 5%, viruses 5%, alcohol 3%, reproductive factors 3% and environmental pollution 2%.

Currently, there are many conventional and alternative therapies for cancer.

- Immunological therapies.
- Herbal therapies
- Metabolic therapies.
- Mind-body therapies.
- Nutritional therapies.

ThetaHealing uses mostly mind-body therapies. While I may tell you what vitamins minerals and herbs work with cancer, these are merely suggestions to build the body that is depleted from lack of nutrition because of the cancer. However, for the tumors to disappear, we use a Healing.

Cancer-Nutritional Therapy

Max Gerson nutritional therapy works well for many people. The Gerson Therapy is a powerful, natural treatment that boosts your body's own immune system to heal cancer, arthritis, heart disease, allergies and many other degenerative diseases. One aspect of the Gerson Therapy that sets it apart from most other treatment methods is its all-encompassing nature. An abundance of nutrients from thirteen fresh organic juices is consumed every day, providing your body with a super-dose of enzymes, minerals and nutrients. These substances then break down diseased tissue in the body, while enemas aid in eliminating the lifelong buildup of toxins from the liver.

Cancer-Pharmaceutical Drugs

- Many new drugs have been approved by the FDA for cancer.
- Taxotere is a drug recently approved.
- Lung cancer drugs include photofrin, Taxol in combination with platinol and Gemzar in combination with cisplatin.
- ONYX-015 is a genetically engineered virus that is designed to infect and kill cancer cells without harming healthy ones. It is now under study.
- Antiostatin and endostatin are promising anti-cancer agents that stop the growth of new blood vessels to feed tumors.
- BR96-DOX is a new drug that zeroes in on cancer cells leaving the healthy ones alone.
- Hydrazine sulfate is a MAO inhibitor available that may help offset the inability to eat well and helps with the fatigue and muscle deterioration often associated with cancer.
- Interleukin-2 is an immune system chemical that is currently used for kidney and skin cancer and is under study for potential use against other forms of cancer including leukemia.
- Hyperthermia, a procedure in which body tissue is exposed to extremely high temperatures may be effective against tumor cells and can be used alone or accompanied with radiation therapy and other therapies. Researchers believe that it might damage tumor cells or deprive them of the nutrients they need to live.
- Evidence is growing that bee products may contain anti-cancer properties. Bee Propolis, a substance bees produce to seal their hives is rich in antioxidants.
- DHEA is believed to prevent some forms of cancer by blocking an enzyme

that promotes cancer cell growth. However, it cannot be used for those with hormone related cancers such as breast cancers.

- Research is under way regarding the anti-cancer effects of the melatonin hormone involved in regulating the production of estrogen and testosterone. However, it should not be used by someone that has leukemia.
- Shark cartilage has been shown to be helpful for certain types of cancer including cancer of the cervix, pancreas and prostate.
- New treatments are coming out all the time, both in the conventional and alternative fields.

Cancer-Causes

- One of the most prevalent carcinogens known to man is tobacco. It is also the most avoidable cancer risk. Cigarette smoke is made up of over 4000 chemicals including 43 that are known to cause cancer. The cancerous effect of smoking is multiplied by alcohol consumption as the two are frequently used in combination.
- It has been shown that women who smoke are at greater risk for developing lung cancer than males.
- Obesity can be a cause of certain types of cancer.
- Fluoride may be a risk factor for cancer.
- The incidence of leukemia has been found to be significantly lower among children who were breast-fed as opposed to those that where fed with a bottle.
- Pesticide residues rank among the top three for environmental cancer risks.
- The risk of prostate cancer in men who have undergone a vasectomy is three times higher than those who have not had the operation.
- Estrogen replacement is helpful in osteoporosis and Alzheimer's, but increases the risk of breast and uterine cancers.
- High-voltage power lines have been in an understudy as a contributor to cancer.

Cancer-Chemotherapy

If the person is using chemotherapy, do not tell them that they should or should not use chemotherapy. If they believe that they should, do not contradict them. My background is in naturopathic medicine so I could definitely be an anti-chemo person, but I am not. Chemotherapy has come a long way since the 1990s.

In the therapy of chemotherapy, doctors inject the patient with a chemical that stops all fast growing cells, which unfortunately also means the cells that are in your esophagus and the stomach that are beneficial. This is why people throw up and get nauseated with chemotherapy. It will make you feel sick for a time but it also has the benefit of stopping the cancer cells. They have it down to such a science that some cancers such as

thyroid cancer respond immediately to it. In some instances, it is permissible to suggest to use CoQ10 with chemotherapy as long as the doctor clears this request. CoQ10 will help the person so that they do not lose their hair. There are certain herbs that are definitely not permissible to use with chemotherapy such as Echinacea.

Doctors used to believe that the cells did not talk to each other and that is why cancer develops. Then they thought that since every cell in your body does send signals back and forth to each other, they assumed that the cancer cells made themselves invisible to the other cells in the body; this is why the immune system does not destroy it. However, I believe that this is not true – it is, but it isn't. You see, cancer is friendly when you experience it in a Reading.

Cancer is Friendly

I know that the body ignores cancer because it is taking on all these different toxins and serving a purpose that the body knows about. On some level, the brain knows it is there. If you see a tumor in the lymph system and you visit with the cancer cells, it's quite friendly, polite, kind and sweet. If you tell the cancer it's not supposed to be there, it will almost cry and say "I came to help!" It's telling the truth, because the body actually seems to be sending all the toxins right to it. Sometimes, when you ask the Creator what needs to be done with the cancer, you'll find yourself working on the DNA and the Programs within it.

The plan of the body is that the cancer will gather all the toxins and then the body will get rid of it later. The plan doesn't work if you keep putting toxins in the body. One of the biggest toxins in your body is hatred and stress. We are essentially animalistic, so we have to live with some stress in our life because that's how we are hardwired. It stimulates our immune system, so sometimes we create stress.

Stress is something that is a natural response to stimuli, but sometimes you have too much and it can cause heavy toxins in your body. The cancer cell is gathering all these toxins and thinks it's quite the busy little cell. So what feeling and emotion do you not send this cancer cell when you are working on it? You don't send it fear or hate because you will feed it. It will continue to grow because that's its job; to collect toxic feelings. But if you send it love, what will happen? It can get confused, but it will also start to change back into a harmless form.

Cancer Scenario-Woman

For a good cancer scenario, let's choose a middle age woman in her fifties for an example. She is a good person, but she is a divorcee with a history of failed relationships. Her mother has the onset of dementia and lives with her. She has a son and daughter both of which cause her stress. She works all the time and has some ongoing money issues. She is in a dysfunctional relationship and the negative feelings from this conflict

flood the systems of her body. Her body is overdosed with major toxins, parasites and Candida, creating an opening in the immune system to invading viruses. Parasites release waste products that the body can't get rid of. Candida (yeast) releases something called acetaldehyde into the system. Heavy metal toxins in the body do not break down easily and the immune system reaches critical mass when the viruses invade. The body is triggered to do something to save itself from all these invading viruses and toxins. When the body becomes overloaded with these toxins, it creates cells to encapsulate them. As these cells multiply, they are unable to clean these toxins up. The body then creates more new cells. Eventually, these extra cells become cancerous.

How do we work on all this? First of all, we have to go in and find the source of the problem. If it is a heavy metal poison, the body reacts immediately to the Healing. In some cases you can go into the cancer and command it gone, witnessing it erase like you're erasing a chalkboard until the tumor is completely gone and then replacing it with normal processing cells.

If a toxin is poisoning the body and you can remove this toxin from the cells and it will change the cancer to normal cells. There are supplements she can take to help pull these toxins out. Remember that the most important aspect in Healing cancer is to insure that the person has a 7.2 balanced alkaline body. If the person has created a cancer from negative Programs, such as "I hate this person," or "I will die," or "The doctor thinks I'm going to die," you need to do Belief Work.

Other Programs that clients with cancer have are: "I believe everything that the doctors says." Just telling a person that he/she has cancer gives them the ability to create a slow and methodical death for themselves. The acceptance and knowing that the cancer is healed and they are healthy and strong will tell the subconscious to correct the problem. It is suggested that they use an alkaline diet, a parasite cleanse, recommend a good calcium and follow their progress.

Cancer Scenario-Man

A man comes to you to be healed. You enter his space and see all the things that are going on in his life. He is forty-years-old and has been divorced for a year and has just met and re-married a young woman of twenty. He thinks his ex-wife is cold and insensitive and he has two teen-age daughters that he is paying child support for. He has a good job, is prosperous and ambitious. The young wife wants a home in the country and because he loves her, he takes out a mortgage to secure it. The house has lead from the old pipes and the water that comes from the well is tested for bacteria, but not for heavy metals. What he does not know is that there are trace elements of arsenic and nitrates. The house has a little mold in the walls and has lead paint. But, the new couple moves in and in a whirlwind of activity his new wife begins to renovate the house. The

bills begin to mount up between two wives, the past and the present. He becomes very busy at work to generate income to pay all these bills and begins to use coffee to stay awake on the drive from the country home. He complains to a friend that he has no energy and the friend gives our hero some pills to keep him up. Because he spends so much time at work, the beautiful young wife has an affair with the interior decorator.

After about a month, the young wife finds that she truly loves her husband and breaks it off with the decorator. In remorse, she confesses to her husband. Hurt and incensed for a time, he finally decides to forgive her. Unfortunately, the decorator has given our couple the gift of herpes. To add to the problem, one of our hero's daughters becomes pregnant and the ex-wife is incessantly badgering him for money and support. Now unable to sleep, he goes to the doctor to get some sleeping pills. So! Our hero has heavy metal poisoning, is breathing fungus, uses speed and tranquilizers and has herpes, with more stress than the body can take. The body hits an overload level. To control and encapsulate all of these toxins and emotions, it creates a place to put them. The body creates cancer in the prostate as the answer to all the toxins. Now, after all this he comes to you to be healed. He needs help on his perception of his life. First, teach him what it feels like to be loved. Maybe he feels like anyone he loves will betray him. Teach him that he is worthy of being loved, what it feels like to be healthy and to be in balance. Also, he will have to clean up the heavy metals, the fungi and molds not to mention the addiction to drugs. You can witness the Creator heal the person, but if all the other factors are not put into balance, the cancer may return.

Cancer Scenario

A woman comes to you to for healing. You enter her space and see all the things that are going on in her life. She is forty-years-old and has been divorced for a year from her husband who has re-married a young woman of twenty. She thinks her ex husband is an insensitive pig and she hates his new wife. She has two teen-age daughters that she is almost solely responsible for. She has never had a steady job and now has to keep one. The divorce has given her a large house, but there are still payments on it. The teenage girls have gone wild, so in order to watch the girls her mother invites herself in (with whom she has a love-hate relationship.) She starts work early, works late and begins to use ephedrine to stay awake on the drive from home to work. She complains to a friend that she has no energy and has gained weight, so the friend gives our champion some pills to help her out. The factory that she works at as a secretary is a chemical plant and she is exposed to dangerous fumes from time to time. Unfortunately, she falls into a rebound love affair at work, only to find out that the man is married. Let's call the man "Peter."

The woman is hurt and incensed for all time and eternity and decides to swear off men forever. Unfortunately, Peter has given her a parting gift, that of Chlamydia. To

add to the problem, one of the daughters becomes pregnant and it becomes necessary to incessantly badger her ex-husband for money and support. She begins to chain-smoke which adds to the toxins. Now unable to sleep she goes to the doctor to get some antibiotics (for the Chlamydia) and sleeping pills. So! Our champion has chemical poisonings, uses speed and tranquilizers, had Chlamydia that caused pelvic inflammatory disease, chain smokes, has internal hatred and more stress than the body can take. The body hits an overload level. To control and encapsulate all of these toxins and emotions, it creates a place to put them. The body creates cancer in the ovaries as the answer to all the toxins. After all this, she comes to you to be healed. First, we need to teach her what it feels like to be loved. Maybe she feels like anyone she loves will betray her. Teach her that she is worthy of being loved, what it feels like to be healthy, to be in balance, as well as release all the hatred inside. Also, she will have to change her job and stop using the drugs. You may witness the Creator heal the person, but if all the other factors that are creating the cancer are not put into balance, the cancer may return.

Cancer-Belief Work

Anytime you start working on people with cancer, you're going to encounter many different feelings and emotions. People with bladder cancer have an enormous amount of anger and will suddenly attempt to blame you for anything and everything. Please understand, this is not the person, this is the cancer. Go in and pull the Programs of anger and make sure that the Beliefs of "I am healthy and strong" are instilled in the person.

Also, ask the person what the cancer is doing to serve him/her. Many people will give you an actual reason, or something the cancer has done to change their life. Listen to them carefully. This is where you begin to use the Belief Work. Some cancers can be healed in an instant if the cancer is caused by an emotional component and that component is removed. If a feeling is holding their cancer, test the person and see if you can find repressed anger, rejections, feelings of despair, or feelings of loneliness.

To explore for negative Programs, start from their childhood to the present. Pull any subconscious Beliefs that are blocking their Healings.

Cancer-What the Doctor Says

If someone comes to you and they have lymphoma, the doctor will tell them that they are in big trouble. They've already bought into what the doctor says so you may have to work with them to help them make different decisions. They don't have to do everything the doctor tells them. Some people will die because the doctor expects them to die. Make sure you pull the Belief System of; "I have to die because the doctor says so."

Cancer-Intuitive Insights

Because I have had lymphoma, I am not afraid of it and I do not have a problem with it. I am not afraid of cancers, they simply are what they are. Some people say that cancer has evolved from bacteria, to virus, to fungus and then to cancer. I think that in some cases of breast cancer, this is the case. Nevertheless, I think that leukemia gets a bad rap and so does lymphoma cancer. I think lymphoma is like a cancer, but I do not think that leukemia is a cancer at all. The following excerpts provide some insights for the reader.

- Cancer is friendly when contacted intuitively. It does not know that it is doing anything wrong, in fact, it will be shocked when you convey that it is causing the body harm.
- Cancer becomes malignant when it blocks an organ. It becomes malignant when it starts to interfere with the function of an organ.
- Lymphoma and Hodgkin's grow big nodules on people. Don't buy into the fear of this, just go up and ask the Creator to change it.
- When cancer is first contracted, there may be the need to return the body back to a alkaline state.
- People with cancer have low body temperature. Cancer can't grow when the body is warm. Cancers caused by toxins are easy to change, but cancer caused by emotions will likely need Belief Work. Note: If the person is ready to let go of their attachment to the cancer they can have an instantaneous Healing from the Creator.
- Replacing hatred with love will help the cancer disintegrate and destroy itself.
- Remember, the cancer believes it is not there to cause harm. Cancer is actually there for another reason, at least that is what I believe. There are literally hundreds of different kinds of cancer. Science has put these illnesses in a nice little package and called them all cancer.
- Of the different cancers that we have worked on, we have found brain cancer and melanoma to be one of the most receptive to Healing. It seems to be quite easy to shrink, disintegrate and made to leave the body. Of the many different diseases known to man, cancer seems to be one of the most receptive to Energy-Healings.
- Cancerous tumors or polyps usually appear black or brown.
- Cancer cells also pull high amounts of protein into their space, growing from this over abundance of protein.
- High Levels of toxins in the body such as mercury cause cancer in the body.
- Cancer cells have special receptors that draw to them feelings of anger or hatred. This has been proven by a biochemist. Receptors are like little doorways

that sit on the cell's surface and let hormones and other chemical messages in and out. Anger, hatred and sorrow are known to feed and grow cancer.

Cancer-Intuitive Remedies:

- Make the command that all cancer be gone from the person. Make the command, "Creator, take care of this and create a healthy body." Witness the changes made in the body.
- For cancer that is caused by radiation, make the command that built-up radiation be released from the body. This can take tumors from the body. Command the tumor to shrink and go to the Creators light and witness it done. Ask if there has been heavy metal poisoning. If there has been, the person should go on an appropriate cleanse.

Cancer-Intuitive Remedies-Heal the Broken Soul

When you are working with someone that has cancer, it is suggested to ask the "Creator of All That Is" if their "soul has been broken." When someone dies, the Creator repairs their soul from all the grief and sorrow from life. The broken soul exercise is another alternative to heal the soul while we are living. Remember, The Creator always gives us alternatives. Do not use energy testing to find out if they have had this happen to them, as it will not be accurate on this particular challenge. To see a broken soul, go into the person's space and visualize a ball of energy. Check to see if it has cracks and or tears in it. This ball represents the soul. You should also ask the Creator of All That Is what to do for the person spiritually, as the healing criteria will not be the same from one person to the next. One truth is apparent, a broken heart and a broken soul cannot be repaired but must be re-created. When the Creator of All That Is re-creates the broken soul or broken heart, the individual will become stronger from the experience. As the phoenix rises from the ashes of death, so there is rebirth; through rebirth, there is creation.

Be aware that when people become so mentally, physically or spiritually sick with being "broken in their soul," they become apathetic. Be aware that when their soul is recreated, their energy will come back. They will rarely use anger to stimulate their adrenals. The next emotion that comes back to stimulate the adrenals and the spirit is joy. Once the soul has been repaired, the body's illnesses begin clear.

Cancer-Exercise: Repair the Broken Soul

1. Center yourself.
2. Begin by sending your consciousness down into the center of Mother

Earth, into All That Is.

3. Bring the energy up through your feet, into your body; bring the energy up through all the chakras.

4. Go up through your crown chakra, raise and project your consciousness out past the stars, to the Universe.

5. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence to connect with the Creator of All that Is.

6. Gather Unconditional Love, make the command: "Creator of All That Is, it is commanded that this person's (name the person) broken soul be healed and made whole once again, at this time. Thank you! It is done. It is done. It is done."

7. Move your consciousness into the person's space and witness the process. You may visualize a ball of light, or an orb, with cracks or tears in it. Watch as the Creator causes the ball to begin to spin counter clockwise, then slow down to a full stop. Then watch as the sphere begins to spin clockwise and the cracks and tears become whole. Occasionally, you may just be out in the Universe, but wait until the ball appears. Never question what you witness, that's not your job. Your job is just to witness. Some people may take longer than others. If the person you're working on appears despondent, go back and ask the Creator if this person is finished. Avoid canceling the technique in the middle. As with all healing, always wait until the healing is finished and ask "Creator, is it finished?" Then, wait for the answer.

8. When you are finished, move your consciousness out of the client's body through the crown chakra and disconnect by rinsing yourself off in a stream of water or light. Entering your body through your crown chakra, send your consciousness down into Mother Earth to ground yourself, pulling the energy up into the top of your crown, putting yourself back into your space and performing a physical energy break.

Cancer-Intuitive Remedies-Send Love to Baby in the Womb

From the moment of conception, you are aware of everything around you. Feelings, emotions and beliefs of the mother are often transferred to the baby in the womb. Traumatic thoughts, feelings of not being wanted, being overwhelmed and other stresses can be felt by the baby and affect the Nor-adrenaline and Serotonin levels, causing stress on the babies body. The "Send Love to Baby in the Womb" exercise is an amazing healing process; you can do this exercise on yourself, on your children and parents. As a man or a woman, you have the right to give love to your child when they were in the

womb. You may also practice this exercise for your own parents, of course, realizing that they have free agency as to whether they accept it or not. With clients, you must have their verbal consent to do this exercise. This exercise affects many diseases and can have a positive effect on cancer.

Cancer-Exercise: Send Love to Baby in the Womb

1. Center yourself.

2. Begin by sending your consciousness down into the center of Mother Earth, into All That Is.

3. Bring the energy up through your feet, into your body and bring the energy up through all the chakras.

4. Go up through your crown chakra, raise and project your consciousness out past the stars, to the Universe.

5. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearl, iridescent white light, into the Seventh Plane of Existence to connect with the Creator of All that Is.

6. Gather Unconditional Love, and make the command to the "Creator of All That Is": "Creator of All That Is, it is commanded that love be sent to this person as a baby in the womb. Thank you. It is done. It is done. It is done."

7. Now go up and witness the Creator's Unconditional Love surrounding the baby, whether it is you, your own child or your parents. Witness as love fills the womb and watch the love envelope the fetus; all poisons, toxins, negative emotions are simply eliminated. Bring this energy through to the present.

8. When you are finished, move your consciousness out of the client's body through the crown chakra. Disconnect by rinsing yourself off in a stream of water or light. Entering your body through your crown chakra, send your consciousness down into Mother Earth to ground yourself, pulling the energy up into the top of your crown, putting yourself back into your space and performing a physical energy break.

Cancer-Beliefs

Some Beliefs that are typical for most cancers are "I should suffer," "I should die," and "I hate this person." See if they can accept unconditional love and make sure they can accept Healings. Instill the Programs of "I am worthy of Gods love," "I am worthy of a Healing," and replace the Program of "I have to do everything the doctor says."

Cancer -Supplements or other Remedies

It is important for the person that is using supplements for cancer to understand that some herbs and minerals work well with others and some do not. This is the same with conventional medicines. Some herbs will not work well with many conventional pharmaceutical drugs; in fact, there may be a negative effect as opposed to a positive one.

- Nutritionally, the person should consider eating almonds, avocados and cucumbers.
- I recommend a vegetable juice blend consisting of one carrot, one half of a beet, one stick of celery, a pinch of ginger and a pinch of garlic.
- LIVER CLEANSES.
- CoQ10 oxygenates the blood and is good for all cancer and alpha lipoic acid is good for fighting cancer.
- Pau d'arco is good for a yeast cleanse for people with cancer and has an anti-cancerous and tumor shrinking properties.
- Make sure they have enough selenium, copper and zinc.
- Chaparral can shrink the tumor, but it should not be used in conjunction with chemotherapy.
- People have used Shark oil as an anti-oxidant.
- Use the Alkaline diet.
- Molybdenum.
- Use the Lemon cleanses.
- Do a fungus cleanse.
- Use echinacea for cancer, but not if they are on chemotherapy or have leukemia.
- Do not use wheat, processed sugar or nutra-sweet and other artificial sugars.
- It is suggested to use the new product "Just Like Sugar."
- Noni, but it should not be used in conjunction with chemotherapy.

Bone Cancer

Bone cancer could be caused by a tumor isolating heavy metals inside the bones. If the tumor is benign, make sure it is not interfering with the bone. If the bone appears black and gray, this means there is a lack of calcium. This is usually caused by lead. If after a Healing the tumor shrinks and grows again, there is still heavy metal poisoning.

Bone Cancer-Intuitive Remedies

Command a Healing and say "Creator, show me." Ask for relief of all pain.

Bone Cancer-Supplements

Zinc pulls lead out, use at 50 mg to 100 mg a day and use selenium.

Brain Cancer

There are two types of brain tumors: primary brain tumors that originate in the brain and metastatic (secondary) brain tumors that originate from cancer cells that have migrated from other parts of the body.

Primary brain cancer rarely spreads beyond the central nervous system. Metastatic brain cancer indicates advanced disease and has a poor prognosis. Primary brain tumors can be cancerous or non-cancerous. Both types take up space in the brain and may cause serious symptoms (e.g., vision or hearing loss) and complications (e.g., stroke). All cancerous (malignant) brain tumors are life threatening because they have an aggressive and invasive nature. A non-cancerous primary brain tumor is life threatening when it compromises vital structures such an artery. Vinyl chloride and Genetic mutations are prevalent causes of brain cancer.

Brain Cancer-Clearing Radiation

The "clearing radiation" technique came from witnessing what the Creator did when brain tumors were released from a person in a Healing that were caused by too much radiation. I witnessed this process when the Creator healed Sally and others. It is a good example of the ThetaHealing technique that can be used upon yourself or others.

In our industrial society, we are subjected to an incredible amount of radiation from the technological wonders of this century. I began to notice that the cause of some cancers were from radiation. I began to use it to release the day-to-day radiation of cell phones, computers, fluorescent lights and other electrical equipment.

Releasing Radiation

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.

2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.

3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence to connect to the Creator of All That Is.

4. Make the command, "Creator of All That Is, it is commanded that all radiation that does not serve this person (persons name) be pulled, changed and sent to Gods light. Thank you! It is done. It is done. It is done."

5. Witness the radiation being pulled and sent to God's light.

6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

*Since radiation is not a substance that should be in the body, it is not necessary to replace the radiation with anything.

Breast Cancer

A Client Named Lucy

I once had a client named Lucy that had breast cancer. She had been fighting the breast cancer for about 15 years before she came in to see me. It was all through her bones, in her lungs, even in her brain. Lucy was the kindest, sweetest person to me that you would ever see. We worked on amazing issues in our sessions together. Nevertheless, I always felt like she was avoiding something and I couldn't put my finger on what it was. She was married to her husband who took care of her faithfully. One day I asked her "what is the best thing that's ever happened to you since this cancer came into your life?" She became very serious and told me, "My husband cheated on me 17 years ago and by God if it's the last thing I do, I'm going to make his life miserable. Now that I'm sick he has to take care of me. He's never going to get out of this. I'm going to make sure he takes care of me morning, noon and night, so that every second he will know what his relationship with the other woman did to me. I want him to be tortured for the rest of his life." Stunned by this response, I said to her "My gosh Lucy, would you like to pull that!?" Without any hesitation she said "No. I'm perfectly happy making his life miserable."

Lucy never did get better, nor did she get any worse in all the three years that I

worked with her. Breast cancer is interesting. In one woman it can take off and destroy the entire breast and in another woman, it takes years to do the same thing. Lucy's cancer seemed stable, then all of a sudden, the cancer was worse. Upon questioning her as to what she had been doing differently, she told me that she had been flying over to Hawaii to get estrogen treatments for her breast cancer. Apparently, there was a person in Hawaii that believed that if they give cancer clients enough estrogen, it will heal all their breast cancer. This could not be any more wrong, since estrogen makes most breast cancer grow. Which is exactly what it did to Lucy; it made her cancer grow. When she stopped using the estrogen therapy her condition began to improve once again. She would come in for sessions and show great improvement. All the doctors thought she was a miracle. She was the most resilient person they had ever seen. Nevertheless, the truth was that deep down in her heart, she harbored the most unbelievable anger and hatred for her husband for what he did to her. This hatred and anger kept her alive.

This is not true for everyone with breast cancer as many of them are divorced and out of their relationships. However, many of them still harbor anger and hatred that they ever let someone hurt and abuse them as they did.

Breast Cancer-Intuitive Insights

They say that one in eight women will develop breast cancer. I have worked with a great many breast cancer clients over my career. Early in my career of Healing, the best I could do was to stop its growth and people would go into remission. These early clients did not actually heal from it until I began working on it as a fungus-like essence in the body. Fungus grows in deep, dark places, so women should not wear tight bras. There seems to be a correlation (at least in some women) with the amount of time a woman has used a bra and breast cancer.

With some women, massaging the breast can work as a preventive measure; however, the periodic self-examination is one of the best preventatives for breast cancer.

When men get breast cancer, it is also linked to fungus. A fungus can be passed on from mother to child. Breast cancer often re-occurs within 5 years, so perhaps it spores out and re-occurs. It is important to understand that viruses, fungus and bacteria are interchangeable and that they can shift back and forth from one form to another in the body. The practitioner needs to be aware of this synergistic survival mechanism of viruses, bacteria and fungus.

When a client has a cancer that is mastisized to their brain and their bones, don't let this make you nervous. This is easy to heal. It is the original tumor in the breast that is stubborn. Breast tumors actually travel a certain way. They start on one breast; they go to the lymph system and to the bone, then the lung and to the other breast. Sometimes

they will go to the liver, but usually it is just how I told you. So don't get panicky when they say it's everywhere in their body.

Breast Cancer-Conventional Medicine

The treatment from doctors is generally removal of the tumor, chemotherapy and radiation. What most people do not understand is that chemotherapy has changed exponentially over the last few years. In the present day, it can be a beneficial therapy, especially if the person believes in it.

- There is a new form of chemotherapy drug called epirubicin that is used in the early stages of breast cancer.
- Doctors are now using chemotherapy and hormone therapy in combination to help them with breast cancer and are using a substance called tomoxin that reduces the risk of breast cancer by about 45%. However, tomoxin has the tendency to increase the risk of uterine cancer.
- The pharmaceutical companies have a new drug out called raloxifene that may reduce the risk of breast cancer.
- Capecitabine is used when the patient has tumors that are not responding to the other treatments. This drug has many side effects.

When your clients come to you, it is likely that they will be using one or more of these therapies.

If they are using these therapies, there are some things you need to know. First, never give them any herbs that are associated with estrogen or produce estrogen. This means no Black Cohosh, no Damiana, no Suma, no Licorice Root and no Maca!

Secondly, if they are using treatment for chemotherapy, they cannot take many vitamins because the vitamins inhibit the chemotherapy. In many instances, you have clients that want to take these vitamins because they think that they know what is best for them. Until the person is finished with their chemotherapy, only use Healings with the client. After the chemotherapy is finished, suggest that they use vitamins and herbs applicable for the situation.

In the present day, doctors are leery about doing too many surgeries on breast cancer patients because they have found that this can spread the cancer. In this day and age there are fewer mastectomies being done by doctors because they have found better ways to deal with the tumors.

An Oncologist has an incredible influence on the mental and spiritual well-being of their patent, in that if they tell the person with breast cancer that they are going to

live, then they will. If the doctor believes the person will live, they generally do. When the person comes to you for a Healing and they tell you that the oncologist wants to operate on the breast, you should ask them what they want to do. Do not go against the doctor's wishes or the patient will likely turn against you. The misconceived belief in the medical doctor as the all powerful, all knowing, omnipotent being is still very strong in western society. In other countries, people live with breast cancer for up to 18-20 years. Here in the United States it is much less, although we are catching up.

If the client is currently seeing a doctor when they come to you, do not discourage them from going to the doctor. Encourage them to see the doctor because this is validation to the clients that the Healings are working. Many people with breast cancer that have issues with past relationships have a tendency to try to give you the responsibility and the decisions pertaining to the disease. This is why it is important to give responsibility back to the client and teach them to heal themselves. It may be the cancer talking to you and not the person.

Types of Breast Cancer

Ductal carcinoma in situ is considered to be breast cancer in its early stage.
Infiltrating ductal carcinoma
This is a cancer that arises in the lining of the milk ducts and invades the surrounding breast tissue.
Inflammatory carcinoma
In this type of cancer the tumor arises in the lining of the milk ducts. As it grows, it plugs lymphatic and blood vessels in the breast.
Introductory carcinoma in situ
This is a localized type of cancer in which cancer cells grow within the ducts.
Lobular carcinoma
This is a breast cancer that arises in the lobes of the body.
Paget's disease of the Nipple
This cancer occurs when the cells from an underlying cancerous tumor migrates to the nipple.

Breast Cancer-The Instant Healing

You can do Healings on breast cancer with instant results if the person knows "I know what it feels like to be loved," "I know how to receive and accept a Healing," they think that they deserve it and they believe it can happen.

The right breast is where toxins are held and will work well with intuitive Healing. If it is the right breast that is affected, it is usually caused by their environment and there will be something in the person's environment that needs to be changed.

A good example of this was with three women that worked together. Each of the three women developed breast cancer at the same time. This is an indication that it is caused by the environment.

The left breast holds emotional issues generally caused from the mother, father, husband, or brother issues. This issue will fight the Healing. Some psychics think that breast cancer is a female entity, but there are many forms of breast cancer and they do not follow the same criteria, so I do not agree with this theory.

Breast Cancer-Locked into Diagnosis

By the time the breast cancer has reached a certain size, it is almost like it has become their friend. By the time it has grown twice its original size, it has become a whole way of life. I have watched people who get locked into their diagnosis and their sickness. They claim they have the disease well after it is healed even if the doctor tells them it is gone. I have watched people that had breast cancer completely healed and everything about them screams that they are healed. And still they walk in to my office and say, "I have breast cancer." I do a Healing and then tell them to go to the doctor. I fully expect them to be completely healed, without any doubts.

Breast Cancer-Estrogen

Estrogen therapy is OK for some cancers, but breast and ovarian cancer have a tendency to live off the estrogen. Any hormone related cancer is going to be triggered by an abundance of estrogen. Never suggest any herb that has estrogen in it. Herbs that have estrogen are Black Cohosh, Damiana, Suma, Licorice Root and Maca.

Breast Cancer & The Environment

With breast cancer, it is imperative to change the environment in all aspects of their life. It is suggested that everything must change; from where they live, their diet, their relationships and so on.

Some deodorants should not be used on the lymph nodes as this may be an environmental cause of the disease. Different toxins can cause breast cancer. It seems that a high proportion of my clients with breast cancer come from the San Francisco Bay area, Marin County. If the person is from the San Francisco area in Sonoma county, there is a good chance that the cancer is tied in with heavy metals, viruses and fungus.

When a client first comes to me with breast cancer, I ask the Creator if it is an irregular cell or if it is cancer. At this point, the practitioner should hear a yes or no. However, the practitioner should never advise the person that "they have cancer," but rather suggest that they get tested for it. Be gentle and let the person talk so you can understand

their issues. Men healers have to be extra gentle when they are searching for Programs in a Belief Work session. Some women immediately begin to think the man healer will take the side of what ever male is in their life, or in their past.

Breast Cancer-Belief Work

As soon as I began to release the resentment and anger Programs in clients, I have had better results with breast cancer. When breast cancer is small, all you have to do is to go up to theta and command a Healing and in most instances, it is simply gone. However, if they have a large protruding lump of any kind, I still tell them to go to the doctor and have it removed. It has happened that the cancer is gone by the time they get to the doctor. If the cancer is pea or marble sized, it responds very well to Healing. Unfortunately, they do not come to me until the cancer is full-blown and in its later stages. Pronounced breast cancer seems to take the same route. It starts in the breast, then moves to the lymphatic system, to the bones, onward to the lungs and then to the other breast. Once it goes into the bone, it can travel into the brain. When you do Healings on pronounced breast cancer you can literally watch people heal in their bones, their brain, their lungs and it will disappear in those areas. However, they can still have the same original tumor that is in the breast. Unless you treat it as if it is a fungus, it's going to settle in and set up house.

Healers and sensitive women that get breast cancer have the tendency to get the disease so that they can bring their family back together. This seems to be the motivation behind it. It is strange, but the unconscious mind creates a desperate Belief System in an attempt to bring the family back together. This kind of strange self-sacrifice is a noble cause, but it is ridiculous to waste your life in this way.

Once I have done Belief Work on a client with breast cancer, I inform and train the clients to work on themselves using energy-Healing and other alternative avenues. When they leave my office, they are empowered to heal themselves using ThetaHealing.

Breast Cancer-Visualization

If the cancer breaks the skin and the person constantly views the lump, it can be harder to heal, because they see it every day. This is because their anxiety and fear manifest the cancer to become worse. So, cover the cancer up before, during and after the Healing, otherwise the brain stops the Healing when it is seen. Instruct the client to keep the breast covered for two days and not look at it. In this way, once they do take the covering off they will see that there has been improvement in the breast. The reason we do this is that the eyes are the first witness to reality. If the person goes to a mirror after you have done the Healing and does not see instantaneous results, this may encourage the growth of the tumor and discourage the Healing.

Breast Cancer-The Origins

Even though the person may be divorced for several years, it is best to go back to the point where the resentments began and release them. Go back to where the Beliefs first started and work on them in that time and bring them as cleared to the present time. It takes three to four years for problems from a miserable and hateful relationship or conflict in the family to accumulate as negative emotions in the body. Then the breast cancer will show up. Beliefs pertaining to breast cancer are not usually things like "I hate myself," or "I hate this person," but rather there is a great deal of self-loathing towards themselves. The resentment is usually towards themselves for not making changes in their life.

Breast Cancer-Programs

Ask the client "what is the worst thing that would happen if you're completely well?" You may find they have an absolute fear of letting anyone in to love them. Breast cancer is almost always connected to poor relationships. These can be relationships with siblings, mates or parents.

Use the following Beliefs-Downloads for the Digging Work:

- Feelings and Programs of being taken advantage of and being abused.
- "I know how to live without resentment," "I know how to forgive" and "I know how to have compassion for myself."
- Unreasonable, unresolved fears, resentments, regrets, anger and hatred feed breast cancer.
- Feelings of hopelessness, helplessness, hatred, over burdened, being unable to change what you are feeling and wanting to get even.
- If I have breast cancer, it will make my family come together.
- If I have breast cancer, I can live without any relationship.
- No man will want me again if I have breast cancer.

Breast Cancer-Downloads

- It is safe to be loved.
- It is possible to create a life for myself.
- It is possible that the breast cancer will go away completely.
- The Creator of All That Is can heal anything.
- I understand how to move forward in life.
- I understand what it feels like to plan for the future.
- I have to be sick to bring my family together.

Breast Cancer-Knowing the Creator's definition and perspective of what it feels like:

... to be intimate.

... to be nurtured.

... to be listened to completely.

... to listen to your mate completely.

- I have the Creators definition of what intimacy is.
- I know what it feels like to live my daily life without being victimized.

Breast Cancer-Check to see if a divorced person feels free of any commitments to a prior mate.

- I have the Creators definition of what it feels like to receive and accept love from a mate.
- It's ok to feel sexual, sensual and sexy and still have good discernment.
- I have the Creators definition of what it feels like to enjoy sex with my mate.

Breast Cancer-Molestation Issues-Beliefs

- Receive and accept sexual love.
- It's ok to be sexy.
- It's ok to have sex and be spiritual.
- I am married to God (ask God for the correct Program to replace.)
- I am still married in my previous marriage.
- I know and understand my partner completely.
- It is my duty to have sex.
- I have to be a sacrifice.
- It's Ok to enjoy sex.
- Sex is dirty.
- Fear of sex in the dark or in any other environment.
- It's ok to show sexual emotion.
- It's ok to be sensual.
- I am embarrassed about sex.
- I respect my body.
- It's ok to be in my body.
- It's ok to be a girl or a boy.
- Being present in the relationship.
- Bladder issues – guilt.

- I have to have sex all the time.
- I am a sexual sacrifice.
- It's okay to show emotions during sex.

Change these Programs with the appropriate replacement.

Breast Cancer-Breast Cancer-Downloads

- I know what it feels like to live without people taking advantage of me.
- I know how to live without taking advantage of others.
- I know how to live without having to receive pity.
- I know what it feels like to accept love from my family without pity.
- I know what it feels like without having to be a burden.
- I know what it feels like to feel worthy of being taken care of.
- I know it's safe to be nurtured.
- I know it's safe to be innocent.
- I know what it feels like to live without anger and regret.
- I know what it feels like to live without the rejection of those I love.
- I know what it feels like to be an important being of light.
- I deserve to be loved.
- I know what it feels like to live without driving other people crazy.
- I know what it feels like to listen to other people's problems.
- I know what it feels like to accept everything that breast cancer has to teach me and let it go.
- I know what it feels like to have a plan for the future.
- I know what it feels like to look at my life without regret.
- I know what it feels like to take one day at a time and know I am doing well.
- I know what it feels like to have a miraculous healing.
- I know how to draw friends to me that are beneficial.

Breast Cancer-Herbals

When a person gets breast cancer, they must put out something to the universe, because after they know that they have it, everyone else knows they have it as well. Everyone and their dog will send all these miracle cures for breast cancer. This is where people make a mistake. They take all of these different breast cancer cures all at once and this is a oversight. There are some things that are good for cancers, breast cancer included, but they should be used alone, without other supplements. One of these is

Chaparral Tea, an amazing herb. It will get rid of cancer, but it does not play nicely with other herbs. Do not mix Chaparral with anything. What I find is that people with cancer become panicky about their cancer and do many things that they should not.

Breast Cancer-Supplements

- Chaparral Tea.
- Tahhebo-It's a good tea and it builds strength.
- Pau d'arco.
- Essiac tea.
- Catnip tea is good for the liver and it can help breast cancer.

All these supplements are good for cancer, but people don't realize that you have to give all herbals a break. You take them for a while and then you discontinue use for a while.

Breast Cancer-Chaparral Tea

If you are going to take chaparral tea, there are some things you need to know about it. Chaparral is so strong that it will pull drugs such as old LSD out of the cells. It will pull every chemical that does not belong in your body out of your cells. The person that uses it might feel terrible for a few days. At first, it is not an easy herbal to take. It will release all these chemicals back into the bloodstream and the body reprocesses them. It is very unnerving. If the client has had anesthetics or pain medication, all of these substances are kept in the cells. In fact, marijuana stays in the cells for at least thirty years. When you start taking Chaparral, all these toxins will begin to be released into the system. The client may not be a happy camper, so they should take lower doses of Chaparral. It is a heavy-duty herb and many states have banned it. You can still buy it in bulk in many places and make the tea to drink. Make sure they know that there are side effects.

Breast Cancer-Supplements and Other Remedies:

- Anti-oxidants, Vitamin C and the person will need Multivitamins.
- Chaparral (but do not use with any other medicines).
- One cup of cottage cheese and 2T Flaxseed oil.
- Change to the "The Alkaline Diet."
- Use a body-cleanse and zinc supplement.
- Essiac tea.

Breast Implants

Breast implants work fine for many women, however, in some women the implants will cause Multiple Sclerosis, Lupus and other autoimmune disorders. It is now an accepted criterion in conventional medicine that the silicone and plastic in breast implants are toxic. They presently use saline as the filler for the implants and they are now wondering if this is also not good. I think that regardless of the substance, the bodies of some women simply begin to reject the implants. In many instances, the woman will refuse to remove the breast implants. At this point, get permission from the client and command that the body of the client accepts the implant. This may help.

Breast Implants-Intuitive Remedy

Do not make the command that the breast implant evaporates, because when one of them actually disappears, the woman will get very upset. This has happened to me twice in my career. If they have breast implants, teach their body how to accept it as though it were any normal body tissue. However, in many instances, a bacterium grows around the implant. Change the bacterium that surrounds the breast implant into a harmless substance and witness calcium encapsulating it so their body does not fight it. This is the same criteria with all implants, such a femur or a hip implant. The practitioner should witness the Creator give the message to the body to accept the implant. Have you ever suggested that someone remove breast implants? Good luck! Most women do not want to give up their breast implants. They feel beautiful with their breast implants and are afraid be without them.

Breast Implants-Belief Work

- I am beautiful with or without breast implants.
- I know how to accept myself physically.

Bladder Cancer

Bladder cancer typically begins in the lining of your bladder. The bladder is the balloon-shaped organ in the pelvic area that stores urine. Some bladder cancers remain confined to the lining, while other cases may invade other areas.

Bladder cancer is the fourth most common cancer in males and the eighth most common in females. It's rated fifth in types of cancer that cause death. Most people who develop bladder cancer are older adults — more than 90 percent of cases occur in people older than 55 and 50 percent of cases occur in people older than 73. Smoking is the greatest single risk factor for bladder cancer. Exposure to certain toxic chemicals and drugs also makes it more likely you will develop bladder cancer. Saudi Syndrome is one of the causes of bladder cancer, likely to be caused by radiation and exposure to chemicals.

One of the first signs of bladder cancer is blood in the urine and difficulty urinating. It is usually detected and diagnosed with a viewing scope and by testing the urine.

Bladder Cancer-Healing

Many bladder cancers are Healed instantly. This is because toxins and heavy metals are the cause of it and not Beliefs.

Bladder Cancer-Beliefs

Beliefs for bladder cancer revolve around resistance to change, resentments, anger, guilt and grudges.

Bladder Cancer-Supplements

- Nutritional therapy.
- All the green foods.
- Noni,
- Pau de arco.
- Vitamin & mineral complex.

Cervical Cancer

Cervical Cancer-The Momma-Bear

A woman came to me that was diagnosed with cervical cancer. She was desperate because she was pregnant with child and the doctors wanted her to abort the baby. Apparently, the doctors felt that in order to control the spread of the cancer, the child would have to go. You see, when a woman is pregnant, an incredible amount of growth hormone is released into the system. This growth hormone could make the cancer spread at an exponential rate, at least this is what the doctors feared. She wanted so badly to keep her baby! I believe that it was this desire, this unquenchable hope, that was enough to open her to the Healing. A momma-bear can become fierce in order to protect their young, so she certainly had enough motivation to dispel fear, doubt and disbelief. There was no Belief Work that needed to be done; I witnessed the Creator come in and heal her. After the Healing, I told her to go to the doctor to be checked. It seems that she was suddenly cancer-free. She had the baby, healthy and strong.

Cervical Cancer

The cervix is the lower part of the uterus, the place where a baby grows during pregnancy. Cervical cancer is caused by several types of a virus called human papillomaviruses (HPV). The virus spreads through sexual contact. Most women's bodies are able to fight HPV infection. But sometimes the virus leads to cancer. You're at higher risk

if you smoke, have many children, use birth control pills for a long time, or have HIV infection. Cervical cancer may not cause any symptoms at first, but later, you may have pelvic pain or bleeding from the vagina. It usually takes several years for normal cells in the cervix to turn into cancer cells. Your health care provider can find abnormal cells by doing a Pap test - examining cells from the cervix under a microscope. By getting regular Pap tests and pelvic exams, you can find and treat changing cells before they turn into cancer. A vaccine for girls and young women protects against the four types of HPV that cause most cervical cancer.

Cervical cancer accounts for 11% of cancers.

It is suspected that the bleach used in tampons is carrying the papilloma virus and this may be one cause.

Cervical Cancer-Intuitive Remedy

Command a Healing and to "show me." Watch the Creator scrape it out and hear the tone sent to erase it. Cervical cancer responds almost immediately to intuitive Healings.

Cervical Cancer-Beliefs

- Guilt, self-esteem, worthiness issues; people with HPV virus have the same issues as those associated with herpes.
- It is wrong to have sex.
- I am evil.
- I am bad.
- I have to be punished.

Cervical Cancer-Supplements

- Do not use Maca, Black Cohosh, Suma, Damiana, Estrogen, Soy or Hormones, as these may accelerate the disease.
- Foods high in protein.
- Vitamin C and E, Vitamin B complex.
- Folic acid.
- Selenium.
- Zinc.

Colon Cancer

The human colon is a muscular, tube-shaped organ measuring about four feet long. It extends from the end of your small bowel to your anus, twisting and turning through your abdomen. The three functions of the colon are to digest and absorb nutrients from food, to concentrate fecal material by absorbing fluids from it and to store and control evacuation of fecal material. The right side of your colon plays a major role in

absorbing water and electrolytes, while the left side is responsible for storage and evacuation of stools. Colon cancer is second only to lung cancer as a cause of death. The risk factors for colon cancer tend to be genetic, with a history in certain families. Some of the causes for colon cancer can be inflammatory bowel disease, buildup of toxins in the colon, sometimes diabetes, diets that are high in animal fat, smoking and continued problems with diarrhea and constipation.

Symptoms include bleeding in the stools, constipation, bloating, weight loss and colitis.

Colon cancer is detected through the use of a scope. People that have had inflammatory bowel disease are at higher risk for colon cancer. A high fiber vegetable diet is very good for these kinds of people.

Colon Cancer-Emotions and Beliefs

Relationship problems, inability to absorb love, the inability of expression; verbal, sexual and physical abuse (both childhood and adult abuse), regrets and the inability to let go of the past. It is imperative that the Bottom Belief is found with colon cancer because this will create the quickest effect.

Esophageal and Larynx Cancer

Esophageal cancer forms in tissues lining the esophagus. The esophagus is the muscular tube through which food passes from the throat to the stomach. Two types of esophageal cancer are squamous cell carcinoma (cancer that begins in flat cells lining the esophagus) and adenocarcinoma (cancer that begins in cells that make and release mucus and other fluids.)

This cancer is more prevalent in women than men and is more common in African Americans than whites. The causes of esophageal cancer are not clearly understood by medical science, but risk factors include smoking, heredity, reflux disease, radiation therapy, celiac disease and obesity.

Symptoms include difficulty in swallowing, hoarseness, vomiting blood, excess mucus and weight loss.

Esophageal and Larynx Cancer-Belief Systems

Beliefs-emotions include the inability to express feelings and then guilt from overexpression of feelings. Beliefs pertain to guilt, taking on the burden of another person's feelings, problems and attachment to the past.

Esophageal and Larynx Cancer-Supplements

- It is important to have a diet high in green leafy vegetables.
- Supplements include vitamin A, not to exceed 25,000 units and vitamin C.

Leukemia

Leukemia is considered a type of cancer. All cancers begin in cells which make up blood and other tissues. Normally, cells grow and divide to form new cells, as the body needs them. When cells grow old, they die and new cells take their place. Sometimes this orderly process goes wrong. New cells form when the body does not need them and old cells do not die when they should. Leukemia is cancer that begins in blood cells. How quickly the disease develops and gets worse groups the types of leukemia. Leukemia is either chronic (gets worse slowly) or acute (gets worse quickly.)

The types of leukemia are also grouped by the type of white blood cell that is affected. Leukemia can arise in lymphoid cells or myeloid cells. Leukemia that affects lymphoid cells is called lymphocytic leukemia. Leukemia that affects myeloid cells is called myeloid leukemia or myelogenous leukemia. We have to go to the immune system to understand leukemia. Dependent on the type of leukemia, the white cells are attacking some of the red cells; in order to see leukemia in the body you need to go into the bone marrow and the bloodstream.

In one type of leukemia, the lymph system produces so many white blood cells that it would not know what to do with them. What they are doing is attacking irregular red blood cells. Any time you have irregular red blood cells, the body will go after them and destroy them. If red blood cells are being released before they are adults, the body will go after them and you will have a high white blood cell count. The blood cells have become dysfunctional and they are doing this for a reason; I have found that viruses have caused it, but one thing I usually find in blood diseases is mercury poisoning.

Conventional medicine has no cure for leukemia. Treatment involves chemotherapy, blood transfusions and bone marrow transplants. These treatments can extend the life of the patient. In recent years, stem cell research seems to be promising.

Symptoms of leukemia include paleness, shortness of breath, extreme weight loss, fears, cuts that are slow to heal, nosebleeds and enlarged lymph nodes. Leukemia is detected by a blood test.

I suspect that big electrical wires can cause leukemia for those that live close to them and little children are particularly vulnerable to these effects.

Leukemia-Intuitive Insights

In my opinion, leukemia is not really a cancer. Even though it is classified as such, I found that if you deal with it in the same way as most cancers, you would not have the same results if you deal with it as you would an infection.

Any time I work on someone that has leukemia or non-Hodgkin's lymphoma, I make sure the client knows that they are loved and we work on resentment issues. Good luck, because if you don't pull the heavy metals out of the body and release their resentments they may not be your most cooperative client because they have a lot of old resentments.

Teach them how to feel nurtured and how to feel loved.

Leukemia can be changed with a little bit of love and taking the mercury out of the body. If you do not take the mercury out of the body, the leukemia may come back.

Babies are prone to leukemia if they do not have enough nurturing and love, but some of these babies come in to this world with the plan that they are going to nurture their parents. Sometimes they are little warriors that are gong to teach them how to love each other. These babies are easy to heal. Just go up and ask the Creator and they will easily heal. With an adult, work on some of their resentments and teach them how to be lovable or you will not be able to hold the results. It is important to work with the parents of a child that has leukemia. You can make them go into remission, but it will not stay in remission until they know they are loved. Results from people being healed and going into remission are good.

Can you imagine how much they must feel unloved to get leukemia? Love is the key when working on leukemia.

Leukemia-Beliefs

The inability to absorb love, the absorption of negative feelings and all Programs associated with love.

Leukemia-Downloads

- I know what it feels like to be loved.
- I know how to absorb love.
- I know what it feels like to be cherished.
- I know what it feels like to be adored.
- I know what it feels like to be important.
- I know what it feels like to be appreciated.
- I know how to be appreciated.
- I know its possible to be appreciated.
- I know what it feels like to communicate my thoughts easily and effortlessly.
- I know what it feels like to have hope.
- I know what it feels like for all the organs of my body to communicate in unison.

- I know what it feels like to appreciate and love my body.
- I know what it feels like to be surrounded by love.
- I know what it feels like to know that this earth is not a bad place.
- I know what it feels like to know that this earth is safe.
- I know what it feels like to know I am safe.
- I know what it feels like to know that it is safe to be well.
- I know what it feels like to live without being too tired.
- I know what it feels like for my body to grow stronger everyday.
- I know that it is possible for the people around me to co-operate.
- I know what it feels like to know I am important.
- I know what it feels like to live with hope for myself and others.
- I know how to be contagious with this hope.
- I know what it feels like to live with my self-esteem getting better all the time.
- I know what it feels like for people to love me.
- I know what it feels like to utilize every moment in the highest and best way.

Leukemia-Intuitive Remedies

I believe that in some cases, Leukemia is caused by mercury poisoning. Make sure you pull the mercury out of the body.

Go in and tell the body to produce the right red blood cells. In some cases of leukemia, the body is producing too many red baby blood cells and the white blood cells are trying to get rid of them. Go to the blood, make sure the red blood cells are at a healthy level and that the white blood cells accept them and witness it as done. Command that the damaged cells be pulled from the blood and sent to the light of the Creator. Command the white blood cell count to lower and the red blood cell count to rise. Of course, ask the Creator for guidance.

I suspect that big electrical wires can cause leukemia. The family needs to move away from these wires.

Leukemia-Supplements

- Quite often in leukemia, you will find mercury in the body. Pull this mercury out of the body by suggesting ALA.
- It is suggested that all silver fillings are pulled when dealing with leukemia.
- Liver flushes and selenium are excellent aids for leukemia.
- Use Stinging nettle as a supplement.
- Do not suggest Echinacea, Golden Seal, or Melatonin- they will make it worse.

Lung Cancer

Lung Cancer forms in tissues of the lungs, usually in the cells lining the air passages. The two main types are small cell lung cancer and non-small cell lung cancer. These types are diagnosed based on how the cells look under a microscope. Treatment options include surgery, chemotherapy, radiation therapy, immunotherapy and vaccine therapy. Lung cancer is the leading cause of death caused by cancer among both men and women. The age of diagnosis is generally 60 years old. Smoking accounts for almost 80% of lung cancer cases. Other instances are caused by exposure to asbestos, nickel, radon, pesticides, herbicides, pollution and alcohol abuse.

Signs and symptoms include shortness of breath, fatigue, weight loss, loss of appetite and recurring pneumonia. Doctors detect lung cancer by image screening, biopsy and blood tests.

Lung Cancer Intuitive Remedy

Witness the cancer being gently scraped from the lungs and send to the Creators light. This is an obedient cancer to Healings. Permit the Creator to show you what to do. This disease can be caused by sorrow and resentment. The practitioner should consider using the Heart Song Exercise.

Lung Cancer-Belief Work

If there is not an instant healing, Belief Work will be necessary.

Lung Cancer-Downloads

- I know what it feels like to breathe clearly.
- I know what it feels like to make quick and decisive decisions.
- I know what it feels like to accept the breath of life.
- I know what it feels like to forgive myself.
- I know what it feels like to clean my body.
- I know what it feels like to eat good foods.
- I know what it feels like to live without tobacco.
- I know what it feels like to live my day-to-day life feeling important.
- I know what it feels like to be completely healed and that it's possible.
- I know what it feels like to be able to express my emotions.
- I know what it feels like to live without being angry all the time.

Lung Cancer Supplements

- Vitamin C, vitamin E.
- Slippery elm.
- Sibu berry drink.
- Noni.

Lymphatic Cancer-Lymphoma Hodgkin's or non-Hodgkin's

Lymphoma is a type of cancer involving cells of the immune system, called lymphocytes. Just as cancer represents many different diseases, lymphoma represents many different cancers of lymphocytes—about 35 different subtypes. Lymph nodes are found in the abdomen, chest and under the arms. Other parts of the lymph system include the adenoids, bone marrow, tonsils and the thymus gland. "Lymph" is a colorless fluid that contains lymphocytes, which fight infection.

Cancer that develops in the lymph system is classified as Hodgkin's or Non-Hodgkin's lymphoma.

In Non-Hodgkin's, the body's ability to fight off infection is significantly decreased, because it has fewer normal white blood cells. Non-Hodgkin's lymphoma is the fifth most common cancer in the United States in which older adults are at higher risk.

Causes of lymphoma are linked to viruses. Risk factors include heredity, immune system dysfunction, exposure to herbicides and pesticides, black hair dye, AIDS, immuno-suppressant therapies and receiving an organ transplantation.

Symptoms of lymphoma included chronic disorders of the mouth, tongue, or the throat that does not heal. There can be loss of feeling in the mouth, discolored patches in the mouth or throat area, difficulty swallowing or a feeling that something is stuck in the throat.

A biopsy should be done if lymphoma is suspected.

Lymphoma-Intuitive Insights

People with lymphoma have a need to please others and they have issues with lack of love. The client is generally having problems with one of their parents and cannot express their feelings about the relationship. Running away is a symptom of Non-Hodgkin on all levels, physically, mentally and spiritually. Work on issues of being able to express themselves, being allowed to defend themselves and they are allowed to move forward. These Programs I'm giving you are only a guideline; you still have to do the Digging Work to find out who the person is having issues with, generally one parent or the other. There is undoubtedly abuse in these families, but sometimes these children are so sensitive that the abuse could be something as simple as the parents screaming at one another. Giving the person with this disease back their identity is very important.

Usually, the parent that brings the child in to you will tell you that they are having problems with the other parent. Overall, the parents will not go out of their way to make the abusive situation any better. Instead of changing the situation with the child, they expect a child to deal with it. Alcohol should be completely avoided for those that have lymphoma.

Lymphoma-Healing

Since toxins cause Hodgkin's and non-Hodgkin's lymphoma, Healings have great results, but you always have to follow up on non-Hodgkin's with Belief Work.

Lymphatic Cancer-Alternative Causes

Lead or mercury poisoning can cause Lymphatic cancer. It will pull bone marrow out of the bone and attach itself to the bone. The spleen will swell. There is the need to clean out the heavy metals so the body will heal.

Lymphoma-Intuitive Remedy

Witness it being pulled and sent to the Creators light.

Lymphoma-Beliefs:

"I am allowed to stick up for myself." "I have to run away," "I know how to express myself," "I am allowed to defend myself" and "I am allowed to move forward."

Lymphoma-Downloads

- I know the Creator's definition of love.
- I know the Creator's definition of how to shine.
- I know the Creator's definition of what a home feels like.
- I know how to make a home on this earth.
- I know the Creator's definition of what the breath of life feels like.
- I am worthy of communicating with the Creator.
- I am worthy of living without the fear of being alone.
- I know what it feels like to understand what the person next to me is feeling.
- I know what it feels like to care about another person.
- I know how to live without permitting negative thoughts in.
- I can live without another person taking advantage of me.
- I know what it feels like to live my life in true harmony with God.
- I know what it feels like to hear truth.
- I know what it feels like to be able to hold my pride.
- I know how to live without permitting others to make me sad.
- I know what it feels like to live without having to be needy.
- I know how to give back to the world.
- I know what it feels like to live my life without resenting everyone that helps me.

- I know what it feels like to live without resenting anyone.
- I know what it feels like to appreciate those that are there to help me.
- I know how to release people from obligations of making me angry.
- I know what it feels like to live without being angry at the world.
- I know what it feels like to live without the fear of moving forward.
- I know what it feels like to move forward and that its possible.

Oral Cancer

Oral Cancer includes cancer of the lips, tongue, cheeks, the floor of the mouth, hard palate, gums and minor salivary glands. Oral cancer usually occurs in people over the age of 45 but can develop at any age. The following are the most common symptoms of oral cancer:

- A sore on the lip or in the mouth that does not heal.
- A lump on the lip or in the mouth.
- A lump in the neck
- A white or red patch on the gums, tongue or lining of the mouth.
- Unusual bleeding, pain or numbness in the mouth
- Oral pain that does not go away or a feeling that something is caught in the throat.
- Difficulty or pain with chewing or swallowing.
- Difficulty with jaw opening.
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable.
- Loose teeth.
- Bad breath.
- Sensory loss of the feelings in the face.

Oral Cancer-Healing

This particular cancer has always responded well to Healings.

Oral Cancer- Intuitive Insights

I have only worked on this particular kind of cancer five or six times, but in every instance it has Healed instantly. I recommend a follow-up with the Belief Work and instill the Programs of being able to express oneself and worrying about what other people think of you. When you have a compulsive worry of what everyone else thinks of you, you cannot express yourself.

Oral Cancer- Downloads

- I know how to express myself.
- I know how to feel good about myself in spite of what others think.

Oral Cancer- Supplements

- Rinsing with Melaleuca oil. Be careful, this is strong stuff!
- Omega-3 fatty acids.
- Fresh fruits and vegetables.

Ovarian Cancer

Ovarian cancer is a disease produced by the rapid growth and division of cells within one or both ovaries. These are reproductive glands in which the ova, or eggs and the female sex hormones are made. The ovaries contain cells that, under normal circumstances, reproduce to maintain tissue health. When growth control is lost, the cells divide out of control and a cellular mass or tumor is formed. If the tumor is confined to a few cell layers, for example, such as the surface cells, it does not invade surrounding tissues or organs, so it is considered benign. If the tumor spreads to surrounding tissues or organs, it is considered malignant, or cancerous. When cancerous cells break away from the original tumor, they travel through the blood or lymphatic vessels and grow within other parts of the body, then the process is known as metastasis. If ovarian cancer is treated early, the survival rate is quite high.

Unfortunately, ovarian cancer is known as the silent disease. It shows very few symptoms until it is quite advanced. The causes of ovarian cancer are unknown, however radiation exposure and other toxins are suspected.

Ovarian Cancer-Associated Risks: A history of other cancers, HPV virus, obesity and a diet high in animal fat. However, the use of birth control pills seems to lower the risk of ovarian cancer by 50 to 60%.

Ovarian Cancer-Symptoms include the following:

- Abdominal/pelvic discomfort or pressure.
- Back or leg pain.
- Bloating.
- Changes in bowel function or urinary frequency.
- Fatigue.
- Gastrointestinal symptoms (e.g., gas, long-term stomach pain, indigestion).

- Malnourished or wasted appearance.
- Nausea or loss of appetite.
- Unusual vaginal bleeding.

Ovarian cancer moves very quickly in the body. If it metastasizes to the bone, then there is a problem. Always send them to the doctor for validation after a Healing. If it is caught in the early stages, there is a good chance for survival. If the person chooses chemotherapy, it can work well. This disease is responsive to Healing.

Ovarian Cancer-Intuitive Insights

When you are working with ovarian cancer, you should know that it is a fast moving cancer. A thorough and complete Healing must be done on them and the client should get scanned and tested by a doctor. Ovarian cancer can come back and be all over their body within a few weeks. If they have ovarian cancer, make sure they go to the doctor immediately before you ever start doing Healings with them.

People do not come to me with ovarian cancer very often. Usually, by the time they come to me with ovarian cancer they are in the last few days of their lives. It has spread all through their organs and they are convinced that they are going to die. I have only one session to work with them. Cervical cancers on the other hand, disappear much more quickly in healing sessions. When you start dealing with people with fast moving cancers like ovarian cancer, make sure that they understand that they have purpose in life so they can finish living. If they do not have a purpose, then sometimes they do not want to do anything but die.

Ovarian cancer always comes with Programs connected to relationship issues. There seems to be the pervading belief that they must die to redeem themselves. People with ovarian cancer have a tendency to be very defensive, so it is best to make it very clear that this cancer is likely caused by genetic beliefs.

Go to the person's space to find out if toxins caused the ovarian cancer. If you find toxins caused it, a simple Healing is in order. The toxins that cause the cancer could be asbestos, mercury, or lead. These toxins will inhibit their ability to express themselves in relationships.

It is suggested that you use the "Baby in the Womb" exercise and "Heart Song Exercise" to clear the person.

Ovarian Cancer-Programs & Beliefs

Start with relationship issues; husband, mother and father issues.

Issues of inadequacy in relationships.

There are many emotional issues with ovarian cancer. These are issues around trust and blame. The one thing about ovarian cancer is that they may try to impose the blame for the disease on their husband or the Healer. "You did a Healing on me and it didn't work so it's all your fault," or "You cheated on me in the past and that is why I am sick."

Ovarian Cancer-Downloads

- I know how to live my day to day life feeling important.
- I know what it feels like knowing that I am important in my relationship.
- I know what it feels like to make decisions in my relationship that are important to me.
- I know what it feels like to live my life without being abused.
- I know I have the strength to move forward and go on.
- I know what it feels like to make good decisions based on my heart.
- I know it's wrong to stay where I am unhappy.
- I know what it feels like to be happy, joyful and strong.
- I know its possible to be in a good relationship and be full of joy.
- I know its possible to live my life knowing I am completely healed.
- I know its possible to live my life without being angry at anyone that helps me.
- I know what it feels like to live my life without despair, anger and disappointment.
- I know what if feels like to have a purpose.

Ovarian Cancer-Supplements

Only use these supplements if the person has chosen not to use chemotherapy, or if they have finished with it.

- ALA.
- COQ10.
- Glutathione.
- Chaparral.
- Noni.
- Omega-3's.

Pancreatic Cancer

Pancreatic cancer is one of the most serious of cancers. It develops when cancerous cells form in the tissues of your pancreas — a large organ that lies horizontally behind the lower part of your stomach. Your pancreas secretes enzymes that aid digestion and hormones that help regulate the metabolism of carbohydrates. Pancreatic cancer spreads rapidly and is seldom detected in its early stages, which is a major reason why it's a leading cause of cancer death. Signs and symptoms may not appear until the disease is quite advanced. By that time, the cancer is likely to have spread to other parts of the body and surgical removal is no longer possible.

For years, little was known about pancreatic cancer. But researchers are beginning to understand the genetic basis of the disease. This knowledge that may eventually lead to new and better treatments. Just as important, you may be able to reduce the risk of pancreatic cancer with some lifestyle changes.

Pancreatic Cancer-Intuitive Insight

Pancreatic Cancer looks black and brown in the pancreas in the body and is fast growing.

Pancreatic Cancer-Intuitive Remedy

Pancreatic Cancer is the second fastest cancer to respond to intuitive Healings. Make the command and witness the Creator dissolve the tumor.

Prostate Cancer

I first met Ipu Brown in Australia when she came to one of my classes. She walked up to me during break-time and offered to give me a therapeutic massage. She came highly recommended by my seminar coordinator, so I said OK. Ipu was (and is) a beautiful woman of Maori descent. During the massage, we found we liked one another and I invited her to another of my classes. From the start, I could sense something in Ipu, a fierce goodness that pervaded her. Ipu was (and still is) a traditional Polynesian dancer, massage therapist and healer. She still had many connections with traditional Maori people in New Zealand. After I met her, the Creator told me that I was going to go to New Zealand to bring ThetaHealing to the Maori people and it was through Ipu that I was going to accomplish this. In time, Ipu became one of my ThetaHealing Teachers, (and one of my finest friends) and took the work to the Maori. After she had developed an interest in New Zealand, we staged an Intuitive Anatomy class in Rotorua, New Zealand, right in the heart of the Maori culture. What you need to understand about the Maori culture is that they believe. They heal easily because they do not have so

many subconscious beliefs that block them from intuitive healings.

During the Intuitive Anatomy Class, we invited outside people to come and participate in healing circles, where the student can practice their new-found skills on them. One of these participants was an Elder, a Maori man that had advanced prostate cancer. He had been told that he only had a few days to live and he came to have it healed. As I worked with him, I witnessed the Creator come into his space and give him an instant Healing. The cancer was gone, and he was healed.

Prostate Gland

The prostate is a gland found only in men. The prostate is just below the bladder and in front of the rectum. It is about the size of a walnut. The tube that carries urine (the urethra) runs through the prostate. The prostate contains cells that make some of the fluid (semen) that protects and nourishes the sperm. Prostate cancer is the second leading cause of cancer death in men. Lung cancer is the first. While one man in six will get prostate cancer during his lifetime, only one man in thirty-five will die of this disease. It is prevalent in men over fifty.

Prostate Cancer-PSA Test

By the time men get to age fifty, doctors are going to run a test called the PSA test (prostate-specific antigen). This test is going to measure the possibility of cancer in the system. This test is not an accurate test. The interesting part is that the man that discovered the test is the one who tells you that it is not accurate because men over 50 will normally have elevated PSAs. However, other tests accompany the PSA test that tells a doctor if a man has prostate cancer.

A man can have prostate cancer for a very long time without knowing it. Just because you have a high PSA doesn't mean you have cancer. They have to do other tests to see if you have cancer. It is normal for a few small cancer cells to be in the prostate. This cancer responds well to Healing. A client of mine told me about his father who died within a week of the diagnosis. Apparently, it scared him to death. He was so afraid that he had cancer and was going to die that he just gave up. The prostate cancer probably would not have killed him for thirty years and the doctor told him that. Therefore, this tells you how important it is with prostate cancer to work with the psychological issues. You may have to pull Programs such as "Cancer is a death sentence."

Be aware that if your client is going to get their PSA checked and they are doing any kind of liver cleanses using something such as milk thistle; their PSA will be abnormally high. In addition, anytime you have a swollen organ, your PSA test will be high. Therefore, if you were having problems with your kidneys and you got your PSA test

results, your test will probably be higher than normal. If you are using any herbs or supplements, make sure to discontinue use of them for three days before a PSA test for a more accurate reading. This is an excerpt from the Journal of General Internal Medicine, 2001 on PSA tests.

Prostate Cancer Screenings Rise, Despite Concerns

By Alan Mozes

NEW YORK, Jan 01 (Reuters Health) - A test to screen for prostate cancer--the second-leading cause of male cancer death in the US--has not yet been shown to reduce mortality and is often prescribed for reasons that have nothing to do with a patient's best interests, according to researchers. The prostate-specific antigen (PSA) test was introduced in the early 1990s as a tool for early diagnosis of prostate cancer, the most common non-skin cancer in the US with nearly 200,000 new cases each year.

"We don't know if screening helps people live longer," study lead author Dr. John D. Voss of the University of Virginia explained in an interview with Reuters Health. "And even though it's a simple blood test, there may be long-term negative consequences." In 1993 and in 1998, Voss and his team surveyed 108 internists and family physicians affiliated with a health maintenance organization near Washington, DC, on how often they tested PSA levels in their male patients over age 50 and their attitudes toward the screening procedure.

In the December issue of the Journal of General Internal Medicine, Voss and his colleagues report that more than half the physicians said they were not convinced that the benefits of prostate cancer treatment outweigh the harmful side effects, or that treatment ultimately reduced mortality. Despite this uncertainty, the frequency with which the doctors ordered PSA tests rose from 73% of the time in 1993 to 81% of the time in 1998. And while 43% of physicians reported no change in their test ordering habits over the study period, an equal number said they were performing PSA tests more frequently.

To explain their motivations, the doctors pointed to fears about malpractice suits in the event they didn't order a PSA, general support for aggressive therapies and their sense that the test had become a standard practice. The researchers conclude that the decision to test is often driven by concerns that aren't directly related to a patient's health. They suggest that on top of other pressures, physicians are more likely to screen patients for prostate cancer in response to a decade of lobbying for the test by organizations such as the American Cancer Society and the American Urological Association.

However, Voss and his team note that many other health groups have reserved

judgment on the procedure in the absence of clear data. The authors therefore urge doctors to base their PSA screening decisions on in-depth discussions with their patients that focus on the known pros and cons. "The most important points to come out of this is that physicians don't really have enough time to engage patients in an informed discussion of the risks and benefits of prostate cancer screening," Voss told Reuters Health. "And I think this is also just a reflection of how aggressive American medicine is. We don't wait for proof before doing something." Voss cautioned that the drawbacks of unnecessary testing are potentially significant--not just at the public health level, but also for the individual. "You may go through that (testing) cascade and you have a low-grade malignancy that doesn't necessarily require an operation and you have it anyway and the question then is was it really of any benefit?" said Voss. "For example, you may rob someone of bladder control for a number of years and they end up dying of something unrelated.... It has a specific consequence for the patient."

SOURCE: Journal of General Internal Medicine 2001;16:831-837.

Prostate Cancer- Relationship Issues

One of my male clients found that he was diagnosed with prostate cancer. He came for a Healing. During the Reading session I scanned his body and told him, "It looks like you're in a very difficult relationship."

He told me "I am married to the meanest woman you ever saw."

I asked him "Why do you stay married? Why don't you change this situation?"

He said "I would rather die than go through a divorce."

And that's what he did. He died instead of going through a divorce.

You see, Healing toxic feelings is like Healing toxic substances. You can give the person a Healing that will clear the problem, but if the toxin is reintroduced into the system, the disease reestablishes itself.

Men have a tendency to make a relationship work no matter what because their wife is going to get 50% of all the couple have accumulated. You may not think that this is a big deal, but it is a big deal with many men. I know men that have been in relationships with abusive and miserable women for years. When they hear the word "divorce" they would rather die than face the emotional and financial upheaval the break-up will cause. Unfortunately, it is likely that the relationship created the prostate cancer in the first place.

Prostate Cancer-Intuitive Insights

Advanced prostate cancer makes you very tired. Sometimes it takes energy to fight. It may not work simply by telling your client that they need to "fight for who they are" or "you need to change things in your life" or "let's work on your feelings so you can love everyone." These issues are too deep to begin with. Begin with "I know how to have energy" and "I know how to get better." Then you start with the issues of relationships.

They have to know what it feels like to be completely loved and to know how to change their life. Otherwise they will stagnate and not have the emotional component necessary to follow through.

When it comes to prostate cancer, you have to work on relationship stuff, such as how to have love in a spiritual sense. You have to teach them that it is ok to have an opinion and it is ok to have love. How many men are allowed to cry when they are children and adults? Men are told to be strong, to be in control and not to show emotion! Holding these emotions inside is a likely reason why some men are susceptible to prostate cancer.

Prostate Cancer-Healing

Most prostate cancer can be instantaneously healed. I have seen prostate cancer that is mastisized to the bone be gone in one Healing. If prostate cancer is healed instantaneously, it is generally caused by toxins in the body.

Prostate Cancer-Intuitive Remedy

Look for environmental and emotional issues that caused the prostate cancer. It can usually be changed with cleanses and dietary changes. Heart problems are related to prostate problems. Prostrate cancer is usually associated with definite problems in relationships. The cancer attaches itself to the weakened area of the body, the area under distress, the area with the emotion that is out of control and out of order.

Most issues are with relationships.

- I know how to express myself in relationships.
- I know how to feel good about myself. This is easy to treat because the person will not struggle to keep the Beliefs.

Ask the person:

How has this cancer benefited you? What is the best thing that has happened to you because of this cancer? Listen to what the person says to you after you asked them these questions. Many of the answers will surprise you, such as, "If I have this cancer,

I will get love from my wife" or "If I have this cancer, I can finally rest." The answer to this dilemma is to get the client to understand that they can have these things without the cancer.

Prostate Cancer-Dietary

- Maintain an all whole foods diet with plenty of fresh fruits and vegetables.
- Included in the diet are cantaloupe, blueberries, strawberries, brazil nuts, cherries, grapes, legumes and walnuts.
- Drink freshly made vegetable and fruit juices daily.
- Eat grapefruit, watermelon and tomatoes.
- Include in your diet foods that are high in zinc such as mushrooms, pumpkin seeds, spinach, sunflower seeds and whole grains.
- Eat foods high in omega-3 fatty acids such as salmon, sardines, or herring.
- Cut back on red meat.
- Eliminate alcoholic beverages, coffee and teas.
- Avoid tobacco, tobacco smoke, noxious chemicals and food additives.

Prostate Cancer-Supplements-Remedies

- It has been found that the hormone DHEA blocks an enzyme that promotes a cancer cell to grow. To keep the prostate in good shape:
- You have to drink plenty of fluids.
- Vitamins A, B complex, vitamin E and vitamin C.
- COQ10.
- Use lipids.
- Zinc.
- Regular Ejaculation.
- Saw palmetto.
- Oregano oil kills parasites in the prostate.
- Liver cleanses.

Skin Cancer

Skin cancer is the abnormal growth of skin cells that most often develops on skin exposed to the sun. However, this common form of cancer can also occur on areas of the skin not ordinarily exposed to sunlight.

There are three major types of skin cancer:

- Basal cell carcinoma.
- Squamous cell carcinoma.
- Melanoma.

Basal cell carcinomas and most squamous cell carcinomas are slow growing and highly treatable, especially if found early. However, squamous cell carcinoma also can spread internally.

Melanoma is the most serious form of skin cancer. It affects deeper layers of the skin and has the greatest potential to spread to other tissues in the body. All three types of skin cancer are on the rise. Most skin cancers can be prevented by limiting or avoiding exposure to ultraviolet (UV) radiation. If skin cancer is found early enough it can be successfully treated with conventional methods.

Skin cancer develops primarily on areas of sun-exposed skin, but it can also form on areas that are rarely exposed to sunlight such as the palms, spaces between the toes and the genital area. Skin cancer affects people of all skin tones, including those with darker complexions.

Skin Cancer-Basal Cell Carcinoma

This is the most common skin cancer and the most easily treated. It is the least likely to spread. Basal cell carcinoma usually appears as one of the following:

- A pearly or waxy bump on the face, ears or neck.
- A flat, flesh-colored or brown scar-like lesion on the chest or back.

Skin Cancer-Squamous cell carcinoma

Squamous cell carcinoma is easily treated if detected early, but it is somewhat more likely to spread than basal cell carcinoma. Squamous cell carcinoma appears as one of the following:

- A firm, red nodule on your face, lips, ears, neck, hands or arms.
- A flat lesion with a scaly, crusted surface on your face, ears, neck, hands or arms.

Skin Cancer-Melanoma:

Melanoma is the most serious form of skin cancer and is responsible for most skin cancer deaths. Melanoma can develop in otherwise normal skin or in an existing mole that turns malignant. Although it can occur anywhere on the body, melanoma appears most often on the upper back or face in both men and women.

Warning signs of melanoma include:

- A large brownish spot with darker speckles located anywhere on the body.
- A simple mole located anywhere on the body that changes in color, size or that bleeds.

- A small lesion with an irregular border with red, white, blue or blue-black spots on the trunk or limbs.
- Shiny, firm, dome-shaped bumps located anywhere on the body.
- Dark lesions on your palms, soles, fingertips and toes, or on mucous membranes lining your mouth, nose, vagina and anus.

Skin Cancer-Less Common Skin Cancers

Other, less common types of skin cancer include:

Skin Cancer - Aposi Sarcoma: This rare form of skin cancer develops in the skin's blood vessels and causes red or purple patches on the skin or mucous membranes. Like melanoma, it is a serious form of skin cancer. It's mainly seen in people with weakened immune systems.

Skin Cancer - Merkel Cell Carcinoma: In this rare cancer, firm, shiny nodules occur on or just beneath the skin and in hair follicles. The nodules may be red, pink or blue and can vary in size from a quarter of an inch to more than 2 inches. Merkel cell carcinoma is usually found on sun-exposed areas on the head, neck, arms and legs. Merkel cell carcinoma grows rapidly and often spreads to other parts of the body.

Skin Cancer - Sebaceous gland carcinoma: This uncommon and aggressive cancer originates in the oil glands in the skin. Sebaceous gland carcinomas usually appear as hard, painless nodules. They can develop anywhere, but most occur on the eyelid, where they are often mistaken for benign conditions. Precancerous skin lesions, such as an actinic keratosis, also can develop into squamous cell skin cancer. Actinic keratoses appear as rough, scaly, brown or dark-pink patches. They're most commonly found on the face, ears, lower arms and hands of fair-skinned people whose skin has been damaged by the sun.

Not all skin changes are cancerous. The only way to know for sure is to have your skin examined by a doctor or dermatologist. Skin cancer begins in your skin's top layer — the epidermis. The epidermis is as thin as a pencil line and it provides a protective layer of skin cells that your body continually sheds.

The epidermis contains three types of cells:

- Squamous cells lie just below the outer surface.
- Basal cells, which produce new skin cells, sit beneath the squamous cells.
- Melanocytes, that produce melanin, which is the pigment that gives skin its normal color, are located in the lower part of your epidermis. Melanocytes produce more melanin when you are in the sun to help protect the deeper

layers of your skin. Extra melanin produces the darker color of tanned skin.

Normally, skin cells within the epidermis develop in a controlled way. In general, healthy new cells push older cells toward the skin's surface, where they die and eventually are sloughed off. This process is controlled by the DNA; skin cancer occurs when this process malfunctions. When the DNA is damaged, changes occur in the instructions, which can cause new cells to grow out of control and form a mass of cancer cells.

Skin Cancer - Melanoma:

If not treated and released, a melanoma can be life-threatening. However, if the disease is treated early, chances of recovery are good.

There are four types of melanoma, each with slightly different characteristics:

Superficial spreading melanoma is the most common type. It occurs primarily in Caucasians and more often in women than in men. It begins as a flat mole, most often in the lower legs or upper back that develops an irregular surface.

Acral lentiginous melanoma is most common among people of African and Asian descent. The lesions have flat dark brown areas with bumpy portions that are brown to black or blue to black in color. They most likely appear on the palms, soles of the feet and in the nail beds of the fingers and toes.

Lentigo maligna melanoma is more common in women than in men. The lesions generally occur on the face, neck and ears or other areas that have been heavily exposed to the sun. This type of melanoma rarely occurs before the age of 50 and is usually preceded by a precancerous stage called lentigo maligna.

Nodular melanoma is a type of disease that attacks the underlying tissue without first spreading across the surface of the skin. It is more common in men than in women; the lesions may resemble blood blisters and coloration can be from pearly white to blue-black. Modular melanoma tends to mastisize sooner than other types of melanoma.

Skin Cancer-UV light

Much of the damage to the DNA in skin cells results from ultraviolet (UV) radiation found in sunlight and in commercial tanning lamps and tanning beds. UV light is divided into three wavelength bands:

- Ultraviolet A (UVA).
- Ultraviolet B (UVB).
- Ultraviolet C (UVC).

Only UVA and UVB rays reach the earth. UVC radiation is absorbed by atmospheric ozone. At one time, scientists believed that only UVB rays played a role in the formation of skin cancer. UVB light does cause harmful changes in skin cell DNA, including the development of oncogenes which are a type of gene that can turn a normal cell into a malignant one. UVB rays are responsible for sunburn and for many basal cell and squamous cell cancers. UVA also contributes to skin cancer. It penetrates the skin more deeply than UVB does and weakens the skin's immune system to increase the risk of cancer, especially melanoma. Tanning beds deliver high doses of UVA, which makes them especially dangerous.

Skin Cancer-Other Factors:

Sun exposure does not explain melanomas or other skin cancers that develop on skin not ordinarily exposed to sunlight. Genetics may play a role. Skin cancer can also develop from exposure to toxic chemicals or because of radiation treatments.

Fair skin: If you have blond or red hair, light-colored eyes and you freckle or sunburn easily, you are much more likely to develop skin cancer than a person with darker features.

A history of sunburns: After sunburn, your body works to repair the damage. Having multiple blistering sunburns as a child or teenager increases your risk of developing skin cancer as an adult. Sunburns in adulthood are also a risk factor.

Excessive sun exposure: Anyone who spends considerable time in the sun may develop skin cancer, especially if the skin is not protected by sunscreen or clothing. Tanning is a risk. A tan is your skin's injury response to excessive UV radiation.

Sunny or high-altitude climates: People who live in sunny, warm climates are exposed to more sunlight than people who live in colder climates. Living at higher elevations, where the sunlight is strongest, also exposes you to more radiation.

Moles: People who have many moles or abnormal moles called dysplastic nevi are at increased risk of skin cancer. If you have a history of abnormal moles, watch them regularly for changes.

Precancerous skin lesions: Having skin lesions known as actinic keratoses can increase your risk of developing skin cancer. These precancerous skin growths typically appear as rough, scaly patches that range in color from brown to dark pink.

A family history of skin cancer: If one of your parents or a sibling has had skin cancer, you may be at increased risk of the disease. Some families are affected by a condi-

tion called familial atypical mole-malignant melanoma (FAMMM) syndrome.

A personal history of skin cancer: If you developed skin cancer once, you're at risk of developing it again. Even basal cell and squamous cell carcinomas that have been successfully removed can recur in the same spot, often within two to three years.

A weakened immune system: People with weakened immune systems are at greater risk of developing skin cancer. This includes people living with HIV/AIDS or leukemia and those taking immunosuppressant drugs after an organ transplant.

Fragile skin: Skin that has been burned, injured or weakened by treatments for other skin conditions is more susceptible to sun damage and skin cancer. Certain psoriasis treatments and eczema creams might increase your risk of skin cancer.

Exposure to environmental hazards: Exposure to environmental chemicals, including some herbicides, increases the risk of skin cancer.

Age: The risk of developing skin cancer increases with age, primarily because many skin cancers develop slowly. The damage that occurs during childhood or adolescence may not become apparent until middle age.

If you notice any suspicious change in your skin, consult your doctor immediately. As with all cancers, early detection increases the chances of successful treatment. Do not wait for the suspected area to start hurting, because skin cancer seldom causes pain. Remember, this is your skin, the largest organ in the body. It is connected to all the nerve endings, blood cells and the lymphatic system.

Skin Cancer-Melanoma

There is a great deal of fear that surrounds melanoma. Melanoma is a skin cancer that is very dangerous. If melanoma grows to a certain point, it will spread all through the skin and to the rest of the body very quickly. One of my clients named Sally was healed after having had eight melanoma lesions in her brain. If you were Sally's doctor, you would tell her that she had a few months to live. This is because once the lesions are present, it rapidly spreads throughout the brain. Before Sally came to me, this is exactly what she was told by the doctors. When she came in for a Healing, she had nothing to lose, so she was open for anything. In my opinion, the reason that melanoma is so responsive to a Healing is because it is generally caused by some kind of toxin or radiation.

The Story of Sally-Melanoma in the Brain

My name is Sally. In June of 2001, I was diagnosed with malignant melanoma arising from a mole on the back of my head. This diagnosis was devastating because melanoma does not have any effective treatment and is usually terminal. After having surgery, several consultations with doctors and several pathology reviews, lesions were discovered in my brain on September 11, 2001. This news was devastating because there is no treatment for melanoma malignancy that has spread to the brain. Usually life expectancy is 4-6 months with brain tumors and can be as short as four weeks.

It was after this news that I became acquainted with Vianna. A family friend had heard of her successes in helping people with serious medical problems and gave us the information we needed to find her. Vianna was wonderful from the start. Even with a heavy schedule, she was able to arrange an "emergency" session with me. During this session, she removed the brain lesions. Subsequent brain MRI's have shown the lesions gone. At a later time, she cleaned my blood and a special test from the John Wayne Cancer Institute has verified that there are no melanoma cells in my blood. This essentially means that I am now clear from any cancer after having been diagnosed with this terminal disease.

The Healing, while miraculous, wasn't the only thing that was so very impressive about Vianna. She told me on my first visit that I had "pins" in some old root canals that would cause me trouble. Two months later, a massive infection was discovered that resulted from the breakdown of old silver pins inserted during a root canal years ago. After I was subjected to whole brain radiation, I lost my taste which is a common side effect of this treatment. In a session with Vianna, I mentioned this to her and she made adjustments to the radiation effects and that night I was able to taste again.

Vianna has always treated my husband and I with the utmost respect and friendly approach. She has made room to see me when her schedule was completely booked. She is a sincere, compassionate person that takes her healing powers in stride. She gives the credit to God and declares that she is only the messenger. Her message to me has been one of life and hope. All the doctors have been unable to explain these changes and they are completely amazed that this terminal disease has simply disappeared. I know the reason and now the rest of the world can share in my knowledge. Vianna is truly a miracle maker.

~ Sally

This is an excellent example of a person who has no subconscious Programs blocking the Healing process. You see, due to her psychological make-up, Sally was ready to accept instant healings just as I was ready to witness them done. When I was doing the Body Scan "Reading" her body, I was told that she had developed the melanoma from working at a chemical plant. I had to jog her memory for the validation that I was right. Sally thought back in her memory and told me that some years ago she had worked in a chemical plant. This told me that the cause was environmental, due to radiation or chemicals and I felt certain she could be healed without reprogramming her Belief

Systems. When the Healing happened, I witnessed the Creator pull the lesions out of her brain. It was an instantaneous healing and I could feel her body shift and heal with the Creators Love. This energy flashed back into my space, came out of me and back into both of us. I knew that she was instantaneously healed. Now I will show you the process of the Healing step by step.

Skin Cancer-Melanoma- Intuitive Insights

Seen on the skin, not all melanoma have the appearance of rough edges. Sometimes a melanoma is just a little spot on the body that looks odd. Sometimes they can look like little scabs that do not go away. Not all melanoma looks like melanoma. I have seen melanoma that looks like different colors in the skin pigment. Therefore, if you have a spot on your body that you are not sure of, you might want to get it checked. If you ask the Creator if it's cancer you might get a yes or no answer, but when it comes to melanoma, make sure that they get it checked by their doctors to make sure it's not in the blood stream. The reason I'm saying this is because it's not that I don't trust your ability to listen to the Creator. I'm just saying to not set yourself up for somebody to blame you because of a melanoma that developed two weeks after they leave your office. Melanoma is very responsive to Belief Work.

Skin Cancer-Melanoma and Basil Cells

If you see odd looking liver spots with a funny shape this could be cancer or a basil cell because it has rough edges. However, not all melanoma have rough edges. Basil cells are recognized by rough edges. Basil cells are skin cancer that doctors simply burn off.

For a basil cell remedy, use ALA and selenium directly on it and it will dissolve. You can also use a herbal salve called black salve.

Skin Cancer-Basil Cells & Moles

Not all moles are basil cells, some moles are just that, moles. I know that some moles are supposedly caused by parasites. If you do not like some of your moles, check to see if you are carrying any Belief System that it is wrong to have moles. Many women were killed in the times of the witch-hunts of the inquisition because they had a mole in a certain place – particularly from the neck up where people could see it. Some women were also considered witches if they had birthmarks.

Skin Cancer-Melanoma-Beliefs

Since the skin is the first line of defense, most of the Programs will be associated with the things that the skin does for us.

- I am protected.
- I am secure.
- I believe that melanoma can be healed.

Skin Cancer-Melanoma & Healing

I think that melanoma is one of the most responsive cancers to Healing. Simply because melanoma is so easy to work with, there is no reason to become arrogant and direct the person away from receiving that extra validation from their doctor. Melanoma is so responsive to Healing that I think that people should go to the doctor, then their healer, then back to the doctor for validation.

One thing that works on melanoma is commanding all excess radiation to be out of the body. You also have to teach people to be able to pick their doctors. You do not have to go to a doctor that you do not like.

Skin Cancer-Melanoma Supplements

- Noni.
- CoQ10.
- Chaparral tea.
- Black salve.
- Burdock root.
- Glutathione and ALA-600mgs.
- Essential fatty acids.
- Selenium.
- Vitamin A, vitamin B complex and Vitamin C.
- Multi-Vitamin and mineral combination.

Certain types of medications can cause the skin to be more susceptible to the sun.

These include:

- Antibiotics, antidepressants, diuretics, antihistamines, estrogen, birth control pills and acne medicine.

Stomach Cancer

The most common form of cancer that affects the stomach is adenocarcinoma, which arises in the glands of the innermost layer of the stomach. This tumor tends to spread through the wall of the stomach and from there into the adjoining organs (pancreas and spleen) and lymph nodes. It can spread through the bloodstream and lymph system to distant organs (metastasize). This disease is more common in men than in women. The age group is generally past 40.

Stomach Cancer Risk factors

- Prior diagnosis of pernicious anemia (a chronic progressive disease caused by the failure of the body to absorb vitamin B-12).
- A diet deficient in fresh fruits and vegetables and rich in salted or smoked fish or meats and poorly preserved foods.
- Tobacco and alcohol abuse.
- Recent studies have demonstrated a higher frequency of stomach cancer in people chronically infected with Helicobacter pylori, a common cause of chronic gastritis and peptic ulcer disease.
- A family history of stomach cancer is a further risk factor of the disease.
- People with blood type A also have an increased risk.

Stomach Cancer-Treatment:

Treating benign stomach or duodenal ulcer disease is performed by removing part of your stomach and is associated with an increased risk of cancer developing in the remaining stomach, especially at least 15 years after the surgery.

Stomach Cancer-Symptoms

Stomach cancer can spread through the stomach lining to the blood and the lymph system and then it moves up to the esophagus and downward to the intestine. Symptoms include acid indigestion pain in the stomach after eating, black and tarry stools, blood in the feces, vomiting after eating, anemia, fatigue and weight loss.

Stomach Cancer Intuitive Insights

When you go inside the body to the stomach, the cancer has made the lining look as though it is turning gray inside instead of the beautiful pink color it is supposed to be.

Stomach Cancer-Beliefs

Stomach cancer has a great deal to do with the absorption of love. When you meet people with stomach cancer, they can be a little grouchy. It is likely that the Belief Systems will pertain to how they can absorb love. Healings are effective with stomach cancer.

These Programs are some of those I have seen attached to stomach cancer:

- "Everything is against me."
- "What's the use? I might as well be dead."
- "I've given up."

Stomach Cancer-Supplements

- Antioxidants.
- Vitamin E and vitamin C.
- Selenium.
- ALA.
- Omega 3s.
- Aloe Vera juice.
- Noni.
- Green vegetables and less meat.

Testicular Cancer

Testicular cancer occurs in the testicles (testes), which are located inside the scrotum, a loose bag of skin underneath the penis. The testicles produce male sex hormones and sperm for reproduction. Compared with other types of cancer, testicular cancer is rare. However, testicular cancer is the most common cancer in American males between the ages of 15 and 34. The cause of testicular cancer is unknown. Testicular cancer is highly treatable, even when cancer has spread beyond the testicle. Depending on the type and stage of testicular cancer, you may receive one of several treatments, or a combination. Regular testicular self-examinations can help identify growths early, when the chance for successful treatment of testicular cancer is highest.

Testicular Cancer-Healing

Testicular cancer seems to be caused by heavy metals in the body. Testicular cancer may metastasize to the bone, but it responds very well to Healings. It does respond to chemotherapy and radiation. Cysts may be misdiagnosed as cancer. Belief Work is generally necessary. This cancer is connected to relationship and sexual issues, how one feels about sex, how one feels about women and so on.

Testicular Cancer-Supplements

- Watermelon, tomatoes and whole grains.
- Omega 3s.
- ALA.
- Vitamin E.

Candida

Many people suffer from an overgrowth of the micro-organism Candida Albicans. This condition (called Candidasis) presents a wide variety of symptoms which may vary greatly in each individual case such as:

- Allergies to foods and/or airborne chemicals: The number of offending substanc-

es keeps increasing until many people become 'universal reactors' of candida.

- Fatigue: Candida can cause continual fatigue that is more noticeable after eating.
- Gastrointestinal: Candida can cause poor digestion, constipation, diarrhea, gas, bloating, cramps and heartburn.
- Neurological: Candida can cause sugar craving, irritability, mood swings, headaches, migraine, 'fogged in' feeling, poor concentration, dizziness, depression and anxiety.
- Genito-urinary: Candida can cause vaginal infections, menstrual problems, impotence, infertility, prostatitis, rectal itch and urinary infections.
- Respiratory: Candida can cause a person to have congestion, post nasal drip, asthma, bronchitis, earaches, sore throats and a suppressed immune system.

Candida-Intuitive Remedies: Candida is always present in the body, so the practitioner cannot command that "all" Candida be gone from the body. It is only when there is an imbalance that Candida becomes a problem. One important reminder for a Candida cleanse is during and after the cleanse, the person will feel a little ill due to the die-off of the Candida. As the Candida dies off in the body, it leaves behind a toxic substance called acetlyaldehyde. Acetlyaldehyde can cause allergies, aching joints and memory impairment and can be difficult to flush from the body. In order to clear acetlyaldehyde from the body it is suggested to use a molybdenum supplement, because molybdenum attaches to acetlyaldehyde and creates uric acid. Uric acid is more easily flushed from the body than the acetlyaldehyde. A suggested regimen is to start with 100 micrograms of molybdenum a day to start, moving up to 300 micrograms a day the second week, then gradually move up to 500 micrograms a day. It is important to move the dosage up slowly so the uric acid can leave the body by increments and not all at once. This will work well for this ailment.

Candida can be caused by taking too many antibiotics and can spread between partners. To heal someone with Candida you need to make sure the person you are working on gives up all of his/her white breads and gluten. Recommend they take MSM. They should consider remaining on this for four months. Also, Olive leaf extract is an excellent herb for Candida. It is anti-fungal and anti-bacterial.

One of the primary feelings associated with Candida is resentment.

Candida-Supplements or Other Remedies

Use one of the following:

- Aloe-vera juice.

- Pau d'arco, Tahhebo tea.
- Oregano oil.
- Start the alkaline diet.
- Noni.
- Olive leaf extract.
- Molybdenum.
- Comfrey tea.
- Fungi cleanse.
- Grape seed extract.
- Platinum trace mineral.

Add these supplements to the diet:

- COQ10
- ALA-300 mgs.
- Acidophilus.
- Reduce the use of sugar and wheat in the diet.

Carpal Tunnel

Carpal tunnel is associated with a lack of vitamin B6. After taking vitamin B6, go to the Seventh Plane and witness the tendons slowly back to where they should be. Command the nerves to grow back to normal as they were before they became injured. By commanding relief you should have drastically improved the carpal tunnel syndrome, if you have not alleviated it altogether. Remember the command that is made is always "Creator, change this. Thank you, it is done, it is done it is done.

Carpal Tunnel-Downloads

- I know when to rest.
- My determination is rewarded.
- I can love myself.

Carpal Tunnel Syndrome-Supplements or Other Remedies:

- Vitamin B6 for two weeks, then B complex
- Zinc 100 mgs to 150 for a month on a full stomach then lowering it to 50 mgs.

Cataracts

Beliefs: Cataracts are connected to Programs of seeing truth and being sheltered from reality.

Intuitive Remedy: Ask the Creator to show you what should be done.

Cataracts-Supplements or Other Remedies

Rinse the eyes with comfrey to dissolve the cataracts. (2 pinches comfrey to a quart of water, seep for 3 to 4 minutes, cool and put dropper of tea on the eye until cataract is gone, one time a day before bed time.)

See Eye section for more reference to Beliefs.

Celiac Disease

Celiac disease is a digestive condition triggered by eating the protein gluten found in wheat. When a person with celiac disease eats food containing gluten, an immune reaction occurs in the small intestine, resulting in damage to the surface of the small intestine. This creates an inability to absorb certain nutrients from food. Gluten is found in bread, pasta, cookies, pizza crust and many other foods containing wheat. However, barley, rye and even oats may contain gluten. Normally, your small intestine is lined with tiny, hair-like projections called villi. Resembling the deep pile of a plush carpet on a microscopic scale, villi work to absorb vitamins, minerals and other nutrients from food. Celiac disease results in damage to the villi. Without villi, the inner surface of the small intestine is unable to absorb nutrients necessary for health and growth. Instead, nutrients such as fat, protein, vitamins and minerals are eliminated with the stool.

In celiac disease, the decreased absorption of nutrients (malabsorption) can cause vitamin deficiencies that deny the brain, nervous system, bones, liver and other organs of vital nourishment. This can lead to other illnesses. The decreased nutrient absorption that occurs in celiac disease can be especially serious in children, who need proper nutrition to develop and grow. However, celiac disease can be managed through changing the diet.

Celiac Disease Symptoms

Celiac disease symptoms can mimic other conditions such as irritable bowel syndrome, gastric ulcers, Crohn's disease, parasite infections, anemia, skin disorders or a nervous condition. Most people with the disease have complaints such as intermittent diarrhea, abdominal pain and bloating or no gastrointestinal symptoms at all.

The disease can present itself in less obvious ways that includes irritability, depression, anemia, stomach upset, joint pain, muscle cramps, skin rash, mouth sores, osteoporosis and neuropathy.

Indications of malabsorption that may result from celiac disease include:

- Pronounced weight loss.

- Diarrhea.
- Abdominal cramps, gas and bloating.
- Fatigue-Weakness.
- Foul-smelling or grayish stools.
- Stunted growth in children.
- Osteoporosis.

Celiac disease is often inherited. It can occur at any age, although problems do not appear until gluten is introduced into the diet. The disease can emerge after some form of trauma such as an infection, a physical injury, the stress of pregnancy and severe stress or surgery. Some experts conjecture that celiac disease has been around since humankind switched from a foraging diet of meat and nuts to a cultivated diet using wheat.

Celiac Disease-Intuitive Remedies:

Witness the Gene Work and the Healing.

Celiac Disease-Beliefs:

Belief systems of being a victim and perfectionist, never being good enough. Not able to absorb love.

Celiac Disease-Downloads

- I know how to receive and accept love.
- I receive love.
- I have good discernment in people.
- I can live without being a victim.
- I know how to live without being sick.

For more downloads and beliefs refer to irritable bowel syndrome.

Celiac Disease-Supplements

- Spirulina.
- Chlorophyll.
- Olive leaf extract.
- Jerusalem artichoke
- Aloe Vera will all help the damage to the intestine.

Cerebral Palsy

Cerebral palsy responds well to Healing. It is caused from trauma because the brain is cut off from oxygen at birth. This can be extreme or minor. When the brain lacks oxygen, parts of it burn out and die. Ask the dead tissue to be removed and "boot up" the brain again. The cells have a fetal code and the healer can go in and rebuild what needs to be done using the fetal code. Ask the Creator what to do and witness it. The Belief Systems of the parents can get in the way of Healing the child. The father is often so hurt over the situation that it takes time for him to accept it.

The mother, often wants to immediately fix the situation. First, work on the mother, in case the mother is holding the baby to its defect, since she can get codependent on the situation. Then work with the father to convince him that the child can be healed. However, it only takes the belief of one parent to make it possible for the child to heal. If possible, show the parents how to do the Healings themselves. Children with cerebral palsy respond quickly to Healings.

Cerebral Palsy-Beliefs-Downloads for the Child

The child rarely needs Digging Work and only needs Downloads and Healings. The parents are the ones in need of deep Digging Work.

- I can grow and become normal.
- Normal is good.
- I am special.
- I am surrounded by love.
- I bring positive energy to everyone around me.
- I am cherished.
- I am important.
- It is easy for people to love me.
- It is easy for me to love myself.
- I am patient with myself.
- I become stronger every day.
- It's safe to be strong.
- Life is full of opportunity.
- I believe my body can and will heal.
- I know what it feels like to know I am special.

Cerebral Palsy-Digging Work for the Parent.

- My life will never be normal.
- I know what it feels like to still have a life.

- No one will ever love me with a child like this.
- It is impossible for me to share my child love with anyone.
- I know how to let other people in to love me.
- My child's condition is my fault.

Chemical Poisoning

Chemical and environmental poisoning, especially for those that are sensitive or immune-compromised can create a severe problem for many people. One of the most prevalent is formaldehyde. Formaldehyde is an industrial chemical manufactured from methanol, natural gas, and some of the lower petroleum hydrocarbons found widely in urea formaldehyde foam insulation used in homes and mobile homes.

Chemical Poisoning-Sources of Formaldehyde (Traces)

Synthetic Fibers	Wood veneer
Fertilizers	Wallboard
Pesticides	Nail Polish
Antiperspirants	Carpets
Shampoos	Cellophane
Hairsprays and hair products	Cleaning solutions
Detergent soaps	Contraceptive creams
Mouthwashes	Cosmetics
Dentifrices	Dry cleaning chemicals
Germicidal products	Enamels & latex paints
Air deodorizer	Fabric softener
Disinfectants	Facial tissue
Dyes and dyed fabrics	Foam insulation
Adhesives	Plastic
Waxes	Plywood
Polishes	Newsprint
Fabrics – permanent press	Tampons
Synthesis of some vitamins -especially A & E	Toothpaste

Chemical Poisoning-Herbicides and Pesticides

Another group of environmental poisons is herbicides and pesticides. One form that was used in the past was DDT. To pull pesticides and herbicides from your body you should use blue and green algae. Zinc and calcium will also release many toxins associated with herbicides and pesticides. ALA can also be used.

Chemical Poisoning-Asbestos

One of the most dangerous toxic substances is asbestos. Once it gets into the lungs, it opens up like a barb wire and hooks to the sides of the lungs. This is what it looks like in the body. Spirulina and chlorella will help to pull asbestos out of the body.

Chemical Poisoning-Environmental Pollution

- Mycotoxins – Cryptosporidium.
- Soil Treatment sprays - Herbicides, Fungicides, Pesticides.
- Acid Rain.
- Waste Treatment Plants.
- Refineries.
- Carbon Monoxide.
- Plastics, Solvents.

Chemical Poisoning-Electromagnetic Pollution

- Power Lines.
- Communication Frequencies.
- Cellular phones.
- Appliances.
- Transformers.

Chemical Poisoning-Magnetic Fields-Direct Impact

- Steel Buildings and Structural Beams.
- Bed Frames, Autos, Aircraft, Dental Work.
- Eyeglasses, Jewelry, Belt Buckles, Hair Pins, Bra Under-Wires.

Chemical Poisoning-Toxic Substance Radiation

- Household Cleaners, Pesticides, Carpet and Padding, Synthetic Fabrics, Foam Rubber, Polyurethane, Plastics.

Chemical Poisoning-Toxic Ingestion

- Food - Harmful chemicals, Preservatives, Enhancers.
- Drugs -Phenol, Alcohol Derivatives, Synthetic Carrying Agents.
- Drinks - Refined Sugar, Artificial Sweeteners.

Chemical Poisoning-Magnetic Fields and Toxic Substance Radiations

In the Home:

- Foam padding
- Fabrics
- Carpet and padding
- Drapes
- Upholstery
- Electricity in walls and floors
- Kitchen cleaners
- Lights
- Appliances
- Bedroom
- Walls
- Drapes
- Mattresses

In the Work Place:

- Steel Buildings
- Lighting
- Carpet
- Wall Board
- Machinery
- Power tools
- Office equipment
- Telephones

Chemical Poisoning-Beliefs

- I fight with the environment.
- I have to fight for everything I have.
- The world is trying to kill me.
- It is safe to be on this planet.

Chemical Poisoning-Downloads

- I know how to live in my environment in peace and harmony.
- My body is always healthy and strong.
- I know how to live without absorbing toxic substances.
- I know how to live without fearing my environment.
- I am impervious to the toxins in my world.
- For more Beliefs and Downloads refer to Heavy Metals, Lead, and Mercury.

Chicken Pox- Shingles

If a person had chicken pox when they where young, they may break out with shingles when they are older. If you want to get rid of the shingles, you may have to make the command to transform the shingles into a harmless form.

See Shingles.

Chlamydia

In the U. S., Chlamydia is the most often reported sexually transmitted disease. It is caused by the bacteria (*Chlamydia trachomatis*). An estimated 2.8 million Americans contract chlamydia each year. The more sexual partners a person has, the greater risk there is of infection from chlamydia. Because there are often no symptoms, people who are infected may unknowingly pass chlamydia to their partners. Sexually active women and men can get chlamydia through sexual contact passed during vaginal, anal, or oral sex. An infected mother can also pass chlamydia to her baby during childbirth. Babies born to infected mothers can have weakened immune systems. The babies can get infections in their eyes called conjunctivitis, or can develop pneumonia.

Chlamydia is known as a "quiet" disease because 75 percent of infected women and at least half of infected men have no symptoms. The infection is often not diagnosed or treated until there are complications. If symptoms do occur, they usually appear within 1 to 3 weeks of contact. Symptoms, if any, might include an abnormal vaginal discharge or a burning sensation when urinating. The infection attacks the cervix and urethra. Even if the infection spreads from the cervix to the uterus and fallopian tubes, some women may still have no signs or symptoms.

Chlamydia-Symptoms

Women are often at risk for re-infection if their sex partners are not treated. Re-infections place women at higher risk for serious reproductive health complications, including infertility and pelvic inflammatory disease. The symptoms in women might include lower abdominal pain, low back pain, nausea, fever, pain during sex and bleeding between menstrual periods.

Symptoms in men might include a discharge from the penis and a burning sensation when urinating. Men might also have burning and itching around the opening of the penis or pain and swelling in the testicles, or both. The bacteria also can infect the throat from oral sexual contact with an infected partner.

Antibiotics are used to treat and cure chlamydia. A single dose of azithromycin or a week of doxycycline are the most commonly used treatments. There are safe antibiotics

to cure chlamydia during pregnancy.

Chlamydia-Pelvic Inflammatory Disease

Pelvic Inflammatory Disease is caused by a commonly sexually transmitted disease (STD) caused by the bacterium, Chlamydia trachomatis, which can damage a woman's reproductive organs. Even though symptoms of Chlamydia are usually mild or absent, serious complications that cause irreversible damage, including infertility, can occur "silently" before a woman ever recognizes a problem. Chlamydia also can cause discharge from the penis of an infected man. It is easily taken care of with one time antibiotics.

Chlamydia is something most women and men do not know they have, at least in its initial first stages. It has very little effect on the man that contracts it but can literally destroy a woman. Chlamydia is a nasty fellow that if left undetected for a long time, it can create pelvic inflammatory disease, which develops so much scar tissue in the fallopian tubes that a woman may not be able to have children. It can scar up the female organs and it will start in on the intestinal track. It causes scars, inflammation and is terribly painful. I have seen many women in such intense pain from their fallopian tubes that they cannot work.

Chlamydia-Pelvic Inflammatory Disease-Intuitive Remedies

Pelvic inflammatory disease responds well to the basic Healing. Go up to the Creator of All That Is, make the command and go into the persons space to witness the reproductive organs of the woman changed to perfect health. Witness the scar tissue changed into healthy tissue.

Chlamydia-Pelvic Inflammatory Disease-Digging Work

The Programs that are associated with pelvic inflammatory disease and chlamydia cycle around issues of mental and sexual abuse, worthiness issues, the inability to stand up for yourself and the inability to receive love.

Chlamydia-Downloads

- I know what it feels like to be assertive and self-confident.
- I know how to be assertive and self-confident without overcorrection.
- I know when to be assertive and self-confident.
- I know what it feels like to know I am worthy of God's love.
- I know it's possible to be with someone who loves me.
- I know what it feels like to live without pain.
- I know what it feels like to live without abuse.
- I know what it feels like to live without being taken advantage of.
- I know how to live a stress-free life.

Cholesterol- see Cardiovascular disease

Chronic Fatigue Syndrome

The interesting thing about chronic fatigue syndrome is that before the disease was an "accepted" disease by the conventional medical industry, thousands of people would go to the doctors with it and were either told that they where hypochondriacs, or there was a general misdiagnosis. The alternative industry accepted CFS as a viable disease long before conventional medicine did. Experts think as many as half a million Americans have a CFS-like condition. CFS can affect people of all ages, racial/ethnic backgrounds and economic stages. More women than men are diagnosed with CFS. It can be hard to diagnose CFS because there is no lab test for it and many symptoms of CFS are also signs of other illnesses or medical treatments that make you feel horrible such as chemotherapy.

No one knows for sure what causes CFS. Many people say it started after an infection, a cold or a stomach bug. It also can follow an attack of infectious mononucleosis (mono), the "kissing disease" that depletes your energy. Some people with CFS report it started after a time of great stress, such as a death in the family or after a major surgery.

A person with CFS generally feels completely worn-out and overtired. This extreme tiredness makes it hard to do daily tasks such as dressing, bathing, or eating. Sleep or rest does not make the fatigue go away. People who contract CFS suddenly feel fine one day and then feel extremely tired the next. There may be muscle pain, trouble focusing, or insomnia. The extreme tiredness may come and go. With Healings, the extreme tiredness goes away.

Chronic Fatigue Syndrome-Intuitive Insights

I believe that chronic fatigue syndrome is not a disease. I believe it is most likely caused by contracting a virus, such as the Epstein-Barr virus. About 70% of the population of the United States carry the Epstein-Barr virus.

Symptoms of Epstein Barr include fatigue, memory loss, headaches, blood pressure problems, aching muscles, nasal congestion and sore throat. Heavy metal poisoning can also be a cause of CFS.

Chronic Fatigue Syndrome-Intuitive Remedies

Supposedly, Epstein-Barr-CFS is not life-threatening, but I have seen people in such pain that my contention would be that it is life threatening, depending on the person.

From a nutritional standpoint, Epstein-Bar-CFS can be overcome with proper nutrients and a healthy diet. When a person comes to you and tries to tell you they have CFS, go out of your space and see if they have the Epstein-Barr virus. You should look for the Epstein-Barr virus in the bloodstream. The Epstein-Barr virus is of the herpes virus variety and can be overcome by using Belief Work to change it into a form that is harmless to the body. Refer to the section pertaining to viruses.

For Beliefs, see Epstein Barr.

Chronic Fatigue Syndrome-Supplements

- Acidophilus.
- Chromium.
- Coenzyme Q10.
- Lecithin.
- Calcium, magnesium.
- Vitamin C and vitamin E.

Cirrhosis

There are few organs in the body that can compare with the liver for what it does for us. It is the filter for the blood. As with the heart, all the roads of the body lead to the liver. The liver has many functions in the body.

One of the most important of these functions is the secretion of bile for digestion. Bile is integral in the absorption of vitamins and nutrients in the body. Once these vital nutrients have been processed in the digestive system they are sent to the liver for the extraction of iron, vitamin A and B12 are extracted from the blood stream for future use.

The liver synthesizes fatty acids, amino acids and sugars.

The liver creates a substance called glucose tolerance factor. Glucose tolerance factor balances blood sugars in the body. The liver filters pesticides, drugs and innumerable other toxins from the rest of the body.

The liver is responsible for regulating thyroid function by converting thyroxzine (which is a thyroid hormone) into its more active form, tridothyronine. Inadequate conversion of these thyroid hormones by the liver may lead to hyperthyroidism. The liver also breaks down hormones like adrenaline, aldosterone, estrogen and insulin after they have performed their needed functions.

Cirrhosis causes healthy liver tissue to be replaced with scar tissue. This eventually prevents the liver from functioning properly. The scar tissue blocks the flow of blood

through the liver and slows the processing of nutrients, hormones, drugs and naturally produced toxins. It also slows the production of proteins and other substances made by the liver.

According to experts, cirrhosis is the seventh leading cause of death by disease.

Cirrhosis-Causes

- Hepatitis, a fatty liver and alcohol abuse are the most common causes in the U.S., but anything that damages the liver can cause cirrhosis.
- Obesity and diabetes can cause cirrhosis.
- Hepatitis types B, C and D.
- Blockage of the bile duct, from the liver to the intestines where it helps in the digestion of fats.
- Repeated bouts of heart failure with fluid backing up into the liver.
- Cystic fibrosis.
- Glycogen storage diseases.
- Alpha 1 antitrypsin deficiency, an absence of a specific enzyme in the liver.
- Hemochromatosis, a condition in which excessive iron is absorbed and deposited into the liver and other organs.
- Wilson's disease, caused by the abnormal storage of copper in the liver.

Cirrhosis-Symptoms

The symptoms of cirrhosis vary with the stage of the illness.

- Loss of appetite.
- Lack of energy.
- Weight loss or sudden weight gain.
- Bruises.
- Yellowing of skin (jaundice).
- Itchy skin.
- Fluid retention (edema) and swelling in the ankles, legs and abdomen.
- A brownish or orange tint to the urine.
- Light colored stools.
- Confusion, disorientation, personality changes.
- Blood in the stool.
- Fever.

Cirrhosis-Conventional Therapies

- Edema (fluid retention) and ascites (fluid in the abdomen) are treated by reducing salt in the diet.

- Diuretics are used to remove excess fluid and to prevent edema from recurring.
- Diet and drug therapies can help improve the altered mental function that cirrhosis can cause.
- Laxatives such as lactulose may be given to help absorb toxins and speed their removal from the intestines.
- If a person has hepatitis, the doctor may prescribe steroids or antiviral drugs to reduce liver cell injury.
- For cirrhosis caused by alcohol abuse, the person must stop drinking alcohol to halt the progression of cirrhosis.

Cirrhosis-Intuitive Insights-Belief Work

Because the liver has so many different functions, there are many Beliefs that are held in it. The reason that the liver has so many Beliefs attached to it is because it regulates hormones. Cirrhosis of the liver causes people to be bitter and angry. They are generally angry about the past and angry with the future.

People with cirrhosis have a tendency to overstep their boundaries with other people. They may have a tendency to take money that is not theirs and push themselves onto other people a little bit more. The person should be taught "what it feels like to know their boundaries with other people" and that they be allowed to see where their boundaries are.

The anger that is held in the liver in people with cirrhosis can be higher than normal, particularly when it is caused by alcohol or drug abuse. The feeling of anger needs to be pulled from the liver to enable it to function properly. Go up to the Creator of All That Is and ask that the liver be cleansed. Some of the ThetaHealing processes that can be used are the "Baby in the Womb Exercise," the "Heart Song Exercise" "The Broken Soul Exercise" and witness the Creator cleanse the liver at least twice. You should never witness that the toxins are pushed out into the body but rather changed into something different.

If the cirrhosis of the liver is caused by alcoholism, the person may not want to change. If the person comes to you, they have to want to change. Simply by telling someone that they should stop drinking does not mean that they will. It is best that they have stopped drinking by the time that they get to you, so that you can put them on a decent regimen and they will accept the Healings in a much more conducive way.

Seen intuitively in the body, cirrhosis of the liver should not be confused with cancer of the liver which looks much different. Liver cancer is denser in structure, darker and has a different structure than scar tissue. Scar tissue (cirrhosis) has a gray color in the liver.

Cirrhosis-Downloads

- I know what it feels like to live without overstepping the boundaries of others.
- I know what it feels like to respect the boundaries of others.
- I know what it feels like to have my boundaries respected.
- I know what it feels like to live without others taking advantage of me.
- I know what it feels like to live without taking advantage of others.
- I know what it feels like to live without pain.
- I know what it feels like to live with a perfectly healthy body.
- I know what it feels like to be happy.
- I know what it feels like to feel strong.
- I know what it feels like to take charge of my own life.
- I know what it feels like to see the good side of things.
- I know what it feels like to allow others to love me.
- I know what it feels like to live without resentment.
- I know what it feels like to live without anger.
- I know how to live without fear.
- I know how to live without feeling guilty.
- I know how to live without regret.
- I know how to live without feeling regret about the past.
- I know what it feels like to forgive myself.
- I know what it feels like to go forward.
- I know how to forgive old abuse in the highest and best way.
- I know what it feels like to accept and receive love.
- I know it is possible to become stronger and healthier everyday.
- I know what it feels like to know my body can recover.
- I know it's possible that my body can recover.
- I know what it feels like to treat my body with respect.

Cirrhosis-Nutritional Therapies

The person should be careful to not use liver cleanses for cirrhosis of the liver, as this might be too severe. The only liver cleanse I recommend would be the herb milk thistle because it detoxifies the liver with ease, and only for two weeks at a time.

- Lidke technologies has a product called "Cleans and Build" that is a wonderful product.
- It is recommended to use a diet of 75% raw foods, consisting of fresh vegetables.
- Drink fresh vegetable juices such as a mixture of beet, carrot, garlic, a little ginger and a stick of celery.
- Eat plenty of foods high in vitamin K. Persons with cirrhosis of the liver are often deficient in vitamin K. Good sources of vitamin K include sprouts and

green leafy vegetables.
- Olive leaf extract is helpful for cirrhosis of the liver.
- Echinacea will help to stimulate the liver.
- Red clover will stimulate and cleanse the blood.
- ALA will help the liver, 300 mgs to 600 mgs.
- Omega 3s 6s and 9s.

Cleanses and Common Sense

As an intuitive, you cannot give good advice unless you have a decent grasp of nutrition, supplements and medications. One of the biggest mistakes I see health practitioners make is suggesting the use of the Candida cleanse without giving the additional benefit of something to also help with the die off from the Candida. Another mistake I see health practitioners do is putting people on cleanses when the body is too weak to handle them. Some people need to be strengthened with vitamins and minerals before they use any kind of cleanse.

I have seen people that become compulsive about cleanses until their immune system is exhausted. Their electrolytes, vitamins and minerals are depleted from too many cleanses!

It is the responsibility of the practitioner to make the person aware of what a healing crisis is. A healing crisis is when you re-live a past sickness. The experience is not to the same degree as the sickness was itself, but rather to a lesser degree. Some people cannot handle a healing crisis when these memories are released into their body. Building the body before and after a cleanse is a good suggestion.

Colon Disorders

Most colon disorders are associated with the fact that the elimination system of the body is holding digested fecal matter for too long. To help colon disorders of the body you should advise them to take chelated calcium and magnesium. Make sure their body is alkaline. Use Belief Work for hatred and resentment. Make sure that the ileocecal valve is opening as it should. Another method of Healing for the colon is colored light therapy. This seems to be extremely productive.

Colon Disorders-Emotions Held in the Colon

- Anger.
- Resentment.
- Fear.

- Guilt.
- Old abuse.
- Abilities to accept love.
- Refer to Programs of Irritable Bowel.

Colon Disorders-Downloads

- I know what it feels like to live without fear.
- I know how to live without fear.
- I know how to live without resentment.
- I know the Creator's definition of what it feels like to be safe.
- I know the Creator's definition of what it feels like to be protected.
- I know the Creator's definition of what it feels like to be secure.

Colon Disorders-Supplements

- Suggest that they remove wheat and glutton from their diet.
- Aloe is a good laxative and builds the colon.

Comas

One day, a man walked in to my office with a dilemma. He told my secretary that his nephew was in a coma in the hospital and asked if I would help. My secretary brought the man in to me. He explained that his nephew was in a deep coma and would not wake up. The uncle explained that he was a spiritual person, and wondered if I would intuitively talk to the boy to see if I could wake him up. I asked him where the boy was, asked his name and told the man that I would go and talk to the boy the first chance I had. That night, I went out of my space and searched for the boy in the hospital. When I found him, his spirit was out of his body. I began to talk to him and told him that he needed to return to his body. He told me he was afraid to enter his body because it would hurt. I told him that he needed to make a decision to leave to the Creator or go back and reconnect with his body. I encouraged him to go back into his body and told him that it would be alright. I told him to wake up slowly, only when he was ready to, and left him.

The next day, we received a jubilant call from the uncle, thanking me for waking the boy up. It seems that after the boy woke up, he began to talk about the "angel lady" that came to him in the coma, encouraging him to return to his body. He told his parents that she had long brown hair with green eyes, and made a good description of me.

A coma is a deep state of unconsciousness, during which an individual is not able to react to his or her environment. Someone in a coma can't consciously respond to stimulation. A coma can be caused by an underlying illness, or can also result from head

trauma. A comatose person is still very much alive, but he or she is not simply asleep. The brain wave activity in a comatose person is very different from that of a sleeping person; you can wake up a sleeping person but it is difficult to wake a person in a coma. For further reading on a coma, look up the Glasgow Coma Scale.

When a person is in a coma, the spirit may have left the body and become lost or disoriented. Quite often, this spirit has actually been knocked out of the body by some traumatic experience such as an accident. The spirit knows the pain it may encounter if it returns to the body, so it avoids returning. Even though the spirit is gone from the body, or cannot find the body to return, there is an umbilical cord attached to the spirit. You can use this cord to locate and return the spirit to the body.

You can wake the person by:

1. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is part of All That Is.

2. Visualize bringing up the Earth energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra in a beautiful ball of light out to the Universe.

3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence connecting you to the Creator of All That Is.

4. Make the command, "Creator of All That Is, it is commanded that I find (name the person) spirit and return it to their body (name the person) in the highest and best way. Thank you! It is done. It is done. It is done."

5. Move your consciousness over to their space. Go over into the person through his/her crown chakra, go down into the body and witness the spirit return to the body.

When dealing with children whose spirit has left the body, it is vital that you remember that a child's soul is afraid of pain and may not be easy to bring back. You must be persistent with children and coax them to return to life. I have brought myself out of a coma to return to my loved ones.

Coma- Downloads (For Those That Come Out of a Coma.)

- I know how to go on without the fear of relapse.
- I know how to overcome the fear of never being normal.
- I know what it feels like to go back to normal.

- I know how to receive love.
- I know how to live without pushing myself too hard.
- I know what it feels like to permit my body to heal.
- I know what it feels like to live without the fear of others.
- I know what it feels like to live without the fear of dying.
- I know what it feels like to live without the fear of a coma happening again.
- I know what it feels like to be grateful to be alive.
- I know how to cherish every moment.
- I know what it feels like to cherish every moment.
- It is safe to cherish every moment.
- It is safe to live again.
- It is safe to dream again.

Crohn's Disease

Crohn's disease is a type of inflammatory bowel disease that may be caused by a bacteria. The lining of the digestive tract becomes inflamed, causing severe diarrhea and abdominal pain with this condition. The inflammation often spreads deep into the layers of the tissues of the bowel. Like ulcerative colitis, Crohn's disease can be both painful and debilitating. There is no known medical cure for Crohn's disease. However, treatment can greatly reduce the signs and symptoms of Crohn's disease. With these treatments, many people afflicted with Crohn's disease are able to function normally in their everyday lives.

Crohn's Disease-Symptoms

- Diarrhea.
- Abdominal pain and cramping.
- Blood in the stool.
- Ulcers.
- Reduced appetite and weight loss.
- Fistula or abscess.
- Fever and fatigue.
- Arthritis, eye inflammation, skin disorders and inflammation of the liver or bile ducts.

Crohn's Disease Intuitive Remedies

I believe Crohn's disease is caused by a bacteria and also by unbalanced cortisone levels. Unbalanced cortisone levels cause the body to produce too much histamine. When you have too much histamine it will begin to attack the inner colon. This can cause

Crohn's disease. In Crohn's disease, your body can't absorb any of the nutrition from food. Food that is eaten is undigested and just runs right through the intestinal tract without any of the nutrients being extracted from it. The current medical treatment is steroids to slow the digestive system. Crohn's is very painful and can eventually cause death if the person does not get some kind of treatment for it. Researchers are finding that heavy metal poisoning may be one of the causes.

Crohn's Disease-Belief Work

People with Crohn's disease tend to be type A personalities, with a perfectionist nature. They never stop. They feel that they can never do enough. People in Crohn's disease have a tendency to have poor communication skills. They feel that they have not been given a fair chance in life. They may be attempting to escape from their situation.

Crohn's Disease-Downloads

- I know how to live my life seeing perfection in everything.
- I know what God's definition of perfection is.
- I know how to live without the world irritating me.
- I know what it feels like to make decisive decisions.
- I know what it feels like to live without intentionally hurting other people's feelings.
- I know what it feels like to live without having to fight all the time.
- I know what it feels like to live without feeling like I'm under attack.
- I know what it feels like to choose friends that uplift me.
- I know what it feels like to live without pain.
- I know what it feels like to permit other people to be kind to me.
- I draw to me people that are kind and loving.
- I know what it feels like to live without having to fight for everything I have.
- I know what it feels like to live without feeling overwhelmed.
- I know what it feels like to live my life without overcorrecting.
- I know what it feels like to live my life without becoming aggressive.
- I know what it feels like to be understood.
- I know what it feels like to have compassion.
- I know what it feels like to live without resentment of past abuse.
- I know what it feels like to move forward in a good way.
- I know it's safe to ask questions.
- I know how to live without having to defend the world.
- I know what it feels like to rest.

- I know what it feels like to live without thinking things are never done.
- I know what it feels like to have reasonable expectations of myself.
- I know what it feels like to live without pain.
- I know what it feels like to eat without pain.
- I know what it feels like to communicate easily.
- I know what it feels like to live without feeling that life cheats me.
- I know what it feels like to feel happy about my life.
- I know what it feels like to live without wishing I was in someone else's body.
- I know what it feels like to accept and love my own body.
- I know what it feels like to know it is possible to be well.
- Through God, everything is possible.
- I know it's possible to live without regret.
- I know how to live without taking advantage of others.

Crohn's Disease-Supplements and Remedies

- Acidophilus.
- Vitamin C.
- Calcium-magnesium.
- Jerusalem artichoke.
- Aloe Vera is very helpful.
- Slippery elm.
- The alkaline diet is helpful.
- Omega threes are very important.
- The person with Crohn's should avoid alcohol, caffeine, tobacco and wheat products.

Cystic Fibrosis

Cystic fibrosis is the most common inherited illness among Americans of Northern and West European ancestry. It occurs in people of all ethnic backgrounds and is most common in Caucasians. One in every 3000 children in the United States is born with the disorder. It is estimated that 8 million Americans are silent carriers of the defective gene that leads to this disease. The gene responsible for CF is identified as a defect in human chromosome 7. Chromosome 7 is responsible for the instructions for a protein that regulates the passage of salt in and out of the cells of the body's exocrine glands. Even this one tiny little protein defect in the DNA can result in a disease of the mucus and sweat glands. It affects the lungs, pancreas, liver, intestines, sinuses and sex organs. CF causes the mucus to be thick and glutinous. The mucus clogs the lungs, causing breathing problems and making it easy for bacteria to grow. This can lead to problems

such as repeated lung infections and lung damage. The symptoms and severity of CF vary widely. Some people have serious problems from birth. Others have a milder version of the disease that does not show up until they are teens or young adults.

Although there is no known medical cure for CF, treatments have improved greatly in recent years. Many of the symptoms of CF are treated with drugs or nutritional supplements. Attention to and prompt treatment of respiratory and digestive complications have dramatically increased the expected life span of a person with CF. While several decades ago most children with CF died by age two, today about half of all people with CF live past age 31.

Cystic Fibrosis-Belief Work

When dealing with children that have cystic fibrosis, their parents usually need worked on using the Belief Work so that they do not give up hope. The people that I have worked with that have cystic fibrosis are very pleasant and respond easily to the Gene Work. However, their parents must believe that it is possible. The parents have to be open to be worked on pertaining to their Belief Systems. In many instances, the parent's guilt holds the child back from a Healing. Children with cystic fibrosis can benefit from using the Gene Work. Most children with CF are wonderful beings that want to live. Often it is their parents that are preparing for them to die.

Cystic Fibrosis-Downloads for the Parents

- It is possible my child can be healed.
- I know what it feels like to expect a Healing from the Creator.
- I know it's possible that the DNA can be changed.
- I know it's possible to expect to receive good things from the Creator.
- I know what it feels like for my child to accept a Healing.
- I know what it feels like to live without the fear of getting my hopes up.
- I know it's possible to be happy.
- I know how to let my child be happy.

Depression

There is a vast difference between "feeling depressed" and suffering from clinical depression. The hopelessness of clinical depression is unrelenting and overwhelming. Some people describe it as "living in a black hole" or having a feeling of impending doom. They can't escape their unhappiness and desolation. However, some people with depression don't feel sad at all. Instead, they feel lifeless and empty. In this apathetic state, they are unable to experience pleasure. Even when participating in activities they used to enjoy, they feel as if they're just going through the motions. The signs and symptoms vary from person to person and they may wax and wane in severity over time.

If the person with depression is a woman, they may not have enough estrogen, or they are low in serotonin. During menopause, some women will become depressed because their hormones are off. There is a need to clean out the liver. If their mother or relative are also depressed, there are likely Programs to pull. If work is done with a person that has manic depression, you must ask if they want to change it and do as much Belief Work as can be done in one session. People with manic depression have no idea what to do when they feel emotions. They are used to being very depressed and may not want you to fix it. They often want you to make them numb, rather than feel emotions overwhelm them.

If a person is depressed, a good mineral and vitamin supplement may be needed. You can then command the serotonin to be balanced in the persons body. If the person has been inundated with heavy metal poisons, you need to put them on a good mineral supplement to pull these heavy metals out of the body. Mercury is one of the most toxic of substances and can make a person very depressed.

Depression-Risks Associated with Brain Chemical Levels

When in balance, Noradrenalin and Serotonin enable people to react to events in reasonable ways. Raising and lowering these key brain chemicals can either increase aggression or lower it.

Noradrenalin Chart

Risks at Low Levels	Risks at High Levels
* Under arousal	* Over arousal
* Increased tendency toward pre-meditated or cold-blooded acts of violence	* Increased tendency toward impulsive hot-blooded acts of violence
* Thrill-seeking	* Rapid heartbeat

Please Note: This only applies if the Serotonin levels are low. Normal levels of Serotonin will counteract the above risks.

Depression-Serotonin Levels

Risks at Low Levels	Risks at High Levels
* Depression	* Shyness
* Suicide	* Obsessive compulsion
* Impulsive aggression	* Fearfulness
* Alcoholism	* Lack of self-confidence
* Sexual deviance	* Unduly dampened aggression
* Explosive rage	

Sources: The AMA Encyclopedia of Medicine American Heritage Dictionary of Science, news reports Chicago Tribune/Stephen Ravenscraft and Terry Volpp

Depression-Intuitive Remedy:

Command the person's hormones to be balanced. Ask the Creator to show you and watch it done. Also check for fear of failure and success.

Process for Normalizing Brain Chemicals:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.

2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.

3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence to the Creator of All That Is.

4. Make the command, "Creator of All That Is, it is commanded that this person's (name the person) noradrenalin serotonin and hormone levels be balanced in the highest and best way, as is appropriate at this time. Thank you! It is done. It is done. It is done."

5. Move your consciousness over to the person's space. Go into the brain and witness the noradrenalin/serotonin levels normalized. Witness the noradrenalin / serotonin levels become balanced as is proper for the person.

6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Depression-Downloads

- I know how to live my day to day life without being depressed.
- I know the Creator's definition of joy.
- I know what it feels like to live without having to create depression.
- I know what it feels like to live without being stuck inside myself.
- I know what it feels like to help others.
- I know what it feels like to see life with a higher perspective.
- I know what it feels like to live without feeling hopeless.
- I know what it feels like to create wonderful things in my life.
- I know how to create wonderful thoughts.
- I know how to live without donating large parts of my day to depression.
- I know the difference between clinical depression and heavy metal poisoning.
- I know what it feels like to know that I can find joy.
- I know what it feels like to be able to deal with any situation.
- I know what it feels like to draw the breath of life.
- I know what it feels like to live without the "poor me" attitude.
- I know what it feels like to be cherished by God.
- I know what it feels like to have hope and understanding.
- I know what it feels like to cherish myself.
- I know it's possible to cherish myself.
- I know the Creator's definition of cherishing myself.
- I know the difference between my feelings and those of another.
- I know how to live without taking on other peoples sorrow and sadness.
- The sadness of others is automatically changed to love.
- I know what it feels like to live without the whole world resting on my shoulders.
- I know what foods are best for me.
- I know it's safe to be awake and alive.
- I know it's safe to be intuitive.
- I know it's safe to be me.
- Every day in every way I feel stronger.
- Every day in every way I feel happier.
- Every day in every way I find solutions.
- Every day in every way I see the possibilities in life.

Depression-Supplements or Other Remedies

In many instances depression and nervousness are often caused by a lack of certain vitamins & minerals.

- D phenylalanine-EndorphiGens from Lidke technologies are good but the person cannot use D phenylalanine and depression medication at the same time.
- Vitamin B complexes.
- Calcium and magnesium.
- Royal Camu.
- St Johns Wort can be used for depression and nervousness. A warning here, St. John's Wort should not be used if you have hypoglycemia. Use an MAO inhibitor (prescription medication for depression).
- Check for any mercury in their system that may need to be removed and raise the Serotonin Level.
- Use the Gene Replacement.
- There may be the need for more tryptophan, which is found in turkey, chocolate, popcorn, eggs and pasta.
- 5 HTP.
- Use Omega 3s.
- The alkaline diet.
- Alpha lipoic acid for removing heavy metals (which may be the cause).

Diabetes

Diabetes is a disease in which the body does not create or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be unknown, although both genetics and environmental factors such as obesity, diet and lack of exercise appear to play roles.

Major Types of Diabetes

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of type 2 diabetes. There are 54 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

Diabetes-Three Types

Gestational diabetes affects about 4% of all pregnant women - about 135,000 cases in the United States each year.

Type One diabetes is often called "childhood diabetes." Type One results from the body's failure to produce insulin, which is the hormone that "unlocks" the cells of the body. This allows glucose to enter and fuel them. It is estimated that 5-10% of Americans that are diagnosed with diabetes type 1.

Type two diabetes results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes. People with type 2 cannot break down glucose in their diet, but it is possible to cure this by a change in diet.

Insulin resistance is a term used for the body's inability to use its own insulin. When we eat, our body changes all our carbohydrates into glucose, which enters into the bloodstream. The blood sugar rises and the body releases insulin, (the hormone the body uses to lower blood sugar). Insulin finds receptors on the walls of the cells where it attaches like a gatekeeper, allowing glucose to enter the cell for energy to be stored. In the event that the insulin is unable to reach the cell, the insulin stays in the bloodstream. The blood sugar is high and the pancreas continues to release insulin.

With insulin resistance, this exchange does not work properly. Because the pancreas continues to create more insulin to overcome insulin resistance, it is overworked and begins to wear out and then the blood sugar begins to rise.

Basically there are three things needed to overcome insulin resistance.

- The creation of an exercise regime.
- Loss of weight and dieting.
- Proper medication.

Diabetes-Conventional Methods

There are six classes of oral drugs that are used to manage most type two diabetes patients: sulfonylureas, biguanides, thiazolidinediones, alpha-glucosidase inhibitors, meglitinides and DPP-4 inhibitors. Each of these classes of drugs works in different ways to help maintain good glucose control.

Insulin is necessary when treating type one diabetes. Type one diabetes occurs when the pancreas stops making insulin. People with type 1 need to inject insulin to keep their blood glucose from soaring out of control. Insulin is also used for type two diabe-

tes, if oral medications are not enough to keep blood glucose levels in a normal range.

Proper nutrition is an all important increment in managing any diabetes and pamphlets are readily available at most health practitioners, both alternative and conventional.

Diabetes-Testing and Monitoring

The use of a hemoglobin A1 C test can be taken to find out your average sugar levels for the past three months to find out how your sugars are for several months. A regular eye exam is important as well.

Diabetes-Hypoglycemia-Low Blood Glucose

One of the challenges of diabetes is that of low blood glucose or hypoglycemia.

Low blood glucose is caused by not enough of the right kind of food, too much exercise without fuel for the body and too much medication at one time. The warning signs of low blood sugar are shakiness, rapid heart rate, cold sweats, confusion, hunger, blurred vision, lightheadedness, headache and irritability. A glass of cold milk and orange juice will raise the bodies blood glucose levels. Emergency foods are three to four commercial glucose tablets, one glass of orange juice, one glass of skim milk, 1 teaspoon of honey, or four to six Lifesavers. Rest for 15 minutes and then test for low glucose levels. If the blood glucose is still low, use another 15 g carbohydrates. Continue these steps as needed until blood sugar returns to normal. If the blood glucose levels are high, it is called hyperglycemia.

Diabetes-High Blood Glucose

High blood glucose is caused by not enough or too much of the wrong kind of food (carbohydrates), not enough exercise, too much stress and an unrelated illness. The warning signs of hyperglycemia are increased thirst, frequent urination, fatigue, dry itchy skin, hunger and blurred vision. A diabetic should always test their blood with a blood glucose monitor to test for high blood glucose. They should not rely upon how they feel because there may be no symptoms at all.

Diabetes-Diabetic Ketoacidosis

Ketoacidosis is glucose that stays in the blood instead of entering the cells. When your blood sugar is high, it means that your blood cells are unable to use the glucose as they should. Glucose stays in the blood instead of entering the cells. When the cells cannot use glucose and are starved, the body breaks down fat for energy. The cells cannot use fat completely and ketones are left. These ketones enter the bloodstream and

are toxic in the body by making the blood acidic. Ketoacidosis is more likely to occur in those that are insulin dependent.

Diabetics should test for ketones when they are sick or feel ill. The warning signs of ketoacidosis are nausea and vomiting, stomach pain, weakness, difficulty breathing, alcohol smelling breath and blood sugar over 240.

Diabetes-Diabetes and Illness

When there is an illness that is unrelated to diabetes it is possible that there will be an increase in hormones in the body that can make blood glucose levels higher. It is important to take care of oneself during an illness. The blood sugar should be checked every two to four hours and recorded. Ketones should also be checked every four hours. You should continue taking medication as directed. Take the same amount of insulin as prescribed by your doctor. Follow your diet-meal plan as closely as possible. Drink plenty of water and stay in contact with your doctor until you are better from the illness.

Diabetes-Nonprescription Medication

A person with diabetes should be aware that nonprescription medicine may contain ingredients that can affect the blood sugar. Avoid products containing sugar. Use sugar-free cough syrups or cough drops. Choose products containing little or no alcohol because alcohol contains glucose and is high in calories. Use tablets or capsules rather than liquid medicine because they contain no alcohol and no sugar. Be careful of products that are swallowed that contain decongestants. Always read the label on all decongestants. Avoid aspirin in large doses.

Diabetes-Stress

When we are under stress, our body releases substances called stress hormones. Stress hormones cause the release of stored glucose into the bloodstream and also interfere with the way insulin works, creating insulin resistance. People with diabetes should consider relaxation techniques such as yoga, ThetaHealing, learning to laugh and adopt certain lifestyle practices. They should always get the proper amount of sleep. Eat a healthy diet and identify what is stressing you.

Diabetes-Depression

Clinical depression is much more common among people with diabetes than among the general population. Why depression is more common among diabetics is not fully understood. It may be that the extra demands of diabetes management itself, diet restrictions, blood testing and increased financial burden can be difficult. For those who

develop the complication of diabetes, the stress load placed upon them can open the door to depression. Diabetes opens Feelings of not being in control, anger, guilt, sadness and possibly, depression. Those with clinical depression tend to have poorer blood sugar control and tend to have a noncompliance with their treatment. Symptoms that are common to depression are:

- Moodiness and despair.
- Inability to experience joy or happiness.
- No self esteem.
- Apathy and social withdrawal.
- Excessive emotional sensitivity.
- Pessimistic thinking.
- Irritability.
- Ideas of suicide.

Diabetes-The Kidneys

Diabetes is the leading cause of kidney failure in the U.S. This is because high blood glucose levels have a tendency to damage the kidneys over time that causing a condition called diabetic neuropathy. The overworked kidneys result in tissue damage to different parts of the kidney, including the filtering units. As the damage increases in the kidneys they lose their ability to remove waste products from the body.

There are five stages of neuropathy:

1. The flow of blood increases causing hyper-filtration and increased urine output. The kidneys become enlarged.

2. The rate of filtration remains elevated and the filtering units begin to show damage.

3. Increased amounts of protein are lost in the urine and can be detected in routine urine tests. High blood pressure can develop.

4. Stage four is referred to as advanced clinical neuropathy. The filtration rate decreases and large amounts of protein are passed into the urine. High blood pressure is a result.

5. The final stage is called end-stage renal disease. The attrition rate drops severely and symptoms of kidney failure occur.

In order to prevent kidney disease, a person with diabetes should do the following:

- Keep blood glucose levels normal.
- Control blood pressure.
- Restrict protein intake.
- Drink plenty of water.
- Prevent kidney infection.
- Get a yearly exam with your doctor.
- Watch for symptoms.

Following are some of the symptoms of kidney disease:

- Back pain just below the rib cage.
- Cloudy urine.
- Pain or burning during urination.
- Chills and fever.
- Ketones in the urine.
- High blood pressure.
- Feeling weak and tired.
- Increased amounts of urine.
- Blood in the urine.

Kidney disease is treated with the following:

- Antibiotics.
- Controlling blood pressure through Ace inhibitors.
- Keeping blood glucose under control.
- Low protein diet.
- Low sodium diet.

Diabetes-Cardiovascular System

Diabetics are more prone to heart disease than any other condition. Because of the circulatory problems that are associated with high blood sugars, lipid abnormalities, arteriosclerosis, risks associated with high levels of insulin and insulin resistance, the heart can be very vulnerable to disease. This is why self-management is so important with diabetes as it pertains to the heart and arteries.

Diabetes-The Feet

Those with diabetes have a higher risk of developing problems with the feet. Decreased circulation and the accompanied high blood sugars can cause cell damage and make it difficult to heal an infection or injury. An unhealthy foot cannot handle the same kind of pressure of the body's weight because of the damage from diabetes. The problems that may occur (especially if you have chronic high blood sugar levels) can include the following:

- Numbness or tingling that make it difficult to sense an injury or sore.
- Increased development of calluses or corns.
- Greater chance of skin breakdown and risk of infection that results in gangrene and amputation.
- Increased risk for athletes foot or toenail fungus.
- Greater chance of developing hammertoe and arch collapse.

This is why foot care is so important for those with diabetes. The feet should be washed every day, well dried, a moisturizing lotion applied and medicated powder should be used. The feet should be inspected daily, checking between the toes for blisters, cuts, scratches and areas of color changes. Calluses and corns should be properly removed. Tight stockings should not be used and a diabetic should not go barefoot.

Educate yourself. The more you know about diabetes the better you will be able to get it under control.

Diabetes-Testing for Diabetes

As a means of testing for diabetes, people use an electronic device available with a strip to give a numerical readout of the glucose level. You simply prick your finger with a spring-loaded needle and apply a drop of your blood to a test strip. This test gives you an immediate blood sugar result. What is a normal blood sugar glucose level? If you're fasting and you first wake up in the morning, your blood sugar levels should be 70 to 100 for a normal level. If you are not fasting, your blood sugar levels should be 140 or less two hours after you've eaten. If your levels are higher than this with either of these scenarios, there may be cause for concern. These levels are to be tested in the morning.

- 110 and under is normal.
- 110-126 can be impaired glucose tolerance and is considered to be borderline.
- 126 and over for a two or three day period is likely to be diabetes.

Diabetes-Diet and Exercise

They say that an apple a day will keep the doctor away. But an apple shaped figure will increase the likelihood of heart disease and diabetes. High levels of triglycerides and fatty acids cause insulin resistance. These acids tend to collect in the abdomen, hence those with an apple figure are twice as likely to develop insulin resistance.

You don't have to stop eating foods, it is the choice of foods that is important. Choose foods that do not have saturated fat in them. Animal fats should be kept to a minimum. However, you should be sure to consume adequate protein. Be sure to drink enough water to remain hydrated... this is also very important. Carbohydrates are found in foods such as bread vegetables, fruit and pasta. Many foods low in carbohydrates will in turn keep the blood sugars to reasonable levels. In many instances, diabetes can be improved with exercise and a diet low in carbohydrates. A comprehensive plan of everything that you eat is incredibly important. Eating 30 carbohydrates a meal and 15 to 20 for two snacks a day will reduce body weight and lower the blood glucose levels. Reading labels pertaining to carbohydrates is the key to a proper diet with those with diabetes. Increasing fiber will help as well.

An exercise plan that fits your lifestyle is also incredibly important, even if it is only for 10 minutes a day.

One suggestion might be to use weight training. Weight resistance builds muscles and lowers glucose even when you are at rest. It helps insulin to be used correctly in the body and prevents injuries to the body by building strong muscles and bones. Alternating between the upper body and lower body is a good regimen. To begin with, use very light weights. Start with five to eight repetitions, gradually working up to 15 to 20 repetitions.

Diabetes-Chart to Count Carbohydrates

Type of Food	Serving Size	Carbs/Serving
Starches		
Bagel	1oz	15
Reduced Calorie Bread	2 slices (1 ½ oz.)	15
White, whole-wheat, rye bread	1 slice (1 oz.)	15
Crisp Breadsticks (4" x ½	4 (2/3 oz)	15
English Muffin	½	15
Hot-dog /Hamburger Bun	½ (1 oz)	15
Naan (8x2")	1/4	15
Pancake (4" across)	1	15
Pita (6" across)	1	15
Small, Plain Roll	1 (1oz)	15
Unfrosted Raisin Bread	1 slice (1 oz)	15
Corn Tortilla (6" across)	1	15
Flour Tortilla (6"across)	1	15
Flour Tortilla (10" across)	1/3	15
Reduced Fat Waffle (4" square/across)	1	15
Bran Cereals	½ Cup	15
Bulgur	½ Cup	15
Cooked Cereals	½ Cup	15
Unsweetened Cereals	¾ Cup	15
Dry Cornmeal	3 Tbsp	15
Couscous	1/3 Cup	15
Dry Flour	3 Tbsp	15
Low-Fat Granola	¼ Cup	15
Grape-Nuts	¼ Cup	15
Grits	½ Cup	15
Kasha	½ Cup	15
Millet	1/3 Cup	15
Muesli	¼ Cup	15

Type of Food	Serving Size	Carbs/Serving
Oats	½ Cup	15
Pasta	1/3 Cup	15
Puffed Cereal	1 ½ Cups	15
White/Brown Rice	1/3 Cup	15
Shredded Wheat	½ Cup	15
Sugar-Frosted Cereal	½ Cup	15
Wheat Germ	3 Tbsp	15
Baked Beans	1/3 Cup	15
Corn	½ Cup	15
Large Corn Cob	½ Cob (5 oz)	15
Mixed Vegetables	1 Cup	15
Green Peas	½ Cup	15
Plantain	½ Cup	15
Boiled Potato	½ Cup/ ½ Medium (3 oz.)	15
Baked Potato w/Skin	¼ Large (3 oz)	15
Mashed Potato	½ Cup	15
Winter Squash (acorn, butternut, pumpkin)	1 Cup	15
Yam, Sweet Potato, Plain	½ Cup	15
Animal Crackers	8	15
Graham Cracker (2 ½" Squares)	3	15
Matzoh	¾ oz	15
Melba Toast	4 Slices	15
Oyster Crackers	20	15
Popcorn (popped, no fat added, low-fat microwave)	3 Cups	15
Pretzels	¾ oz	15
Rice Cakes (4"across)	2	15
Saltine-type Crackers	6	15
Snack Chips (fat-free, baked)	15-20 (3/4 oz)	15
Whole-wheat Crackers (no fat added)	2-5 (3/4 oz)	15
Beans and Peas (garbanzo, pinto, kidney, white, split, black-eyed)	½ Cup	15
Lima Beans	2/3 Cup	15

Type of Food	Serving Size	Carbs/Serving
Lentils	½ Cup	15
Miso	3 Tbsp	15
Biscuit (2 1/2" across)	1	15
Corn Bread (2" cube)	1 (2 oz)	15
Chow Mein Noodles	½ Cup	15
Round Butter-type Crackers	6	15
Croutons	1 Cup	15
French-fried Potatoes (oven baked)	1 Cup (2 oz)	15
Granola	½ Cup	15
Hummus	1/3 Cup	15
Muffin (5 oz)	1/5 (1 oz)	15
Microwaved Popcorn	3 Cups	15
Sandwich Crackers (cheese/peanut butter filling)	3	15
Snack Chips (potato) tortilla)	9-13 (3/4 oz)	15
Prepared Bread Stuffing	1/3 Cup	15
5" across Taco Shell	2	15
Whole-Wheat Crackers	4-7 (1 oz)	15
Fruits		
Small, unpeeled apple	1 (4 oz)	15
Unsweetened Applesauce	½ Cup	15
Dried Apples	4 Rings	15
Fresh Apricots	4 Whole (5 ½ oz)	15
Dried Apricots	8 Halves	15
Canned Apricots	½ Cup	15
Small Banana	1 (4 oz)	15
Blackberries	¾ Cup	15
Blueberries	¾ Cup	15
Small Cantaloupe	1/3 Melon (11 oz)	15
Sweet, fresh Cherries	12 (3 oz)	15
Sweet, Canned Cherries	½ Cup	15
Dates	3	15

Type of Food	Serving Size	Carbs/Serving
Fresh Figs	1 ½ Large (3 ½ oz)	15
Dried Figs	1 ½	15
Fruit Cocktail	½ Cup	15
Large Grapefruit	½ (11 oz)	15
Canned Grapefruit Sections	¾ Cup	15
Small Grapes	17 (3 oz)	15
Honeydew Melon	1 Slice (10 oz)	15
Kiwi	1 (3 ½ oz)	15
Canned Mandarin Oranges	¾ Cup	15
Small Mango	½ fruit (5 ½ oz)	15
Small Nectarine	1 (5 oz)	15
Small Orange	1 (6 ½ oz)	15
Papaya	½ Fruit (8 oz)	15
Fresh Medium Peach	1 (6 oz)	15
Canned Peaches	1 (6oz)	15
Large, Fresh Pear	½ (4 oz)	15
Canned Pears	½ Cup	15
Fresh Pineapple	¾ Cup	15
Canned Pineapple	½ Cup	15
Small Plums	2 (5 oz)	15
Canned Plums	½ Cup	15
Dried Plums (prunes)	3	15
Raisins	2 Tbsp	15
Raspberries	1 Cup	15
Strawberries	1 ¼ Cup whole berries	15
Small Tangerines	2 (8 oz)	15
Watermelon	1 Slice (13 ½ oz)	15
Unsweetened Apple Juice	½ Cup	15
Cranberry Juice Cocktail	1/3 cup	15
Reduced-calorie Cranberry Juice Cocktail	1 Cup	15
100% Fruit Juice Blends	1/3 Cup	15

Type of Food	Serving Size	Carbs/Serving
Grape Juice	1/3 Cup	15
Grapefruit Juice	½ Cup	15
Orange Juice	½ Cup	15
Pineapple Juice	½ Cup	15
Prune Juice	1/3 Cup	15
Dairy		
Fat-Free Milk	1 Cup	12
1/2% Milk	1 Cup	12
1% Milk	1 Cup	12
Buttermilk (low-fat/fat-free)	1 Cup	12
Evaporated Fat-free milk	½ Cup	12
Fat-Free Dry milk	1/3 Cup dry	12
Soy Milk (low-fat/Fat-free)	1 Cup	12
Yogurt (fat-free, flavored, sweetened with fructose)	6 oz	12
Plain, fat-free Yogurt	6 oz	12
2% Milk	1 Cup	12
Sweet Acidophilus Milk	1 Cup	12
Whole Milk	1 Cup	12
Evaporated Whole Milk	½ Cup	12
Goat's Milk	1 Cup	12
Kefir	1 Cup	12
Plain Yogurt (Made from Whole Milk)	8 oz	12
Snacks		
Unfrosted Angel Food Cake	2 oz	30
Small, unfrosted Brownie	1 oz	15
Unfrosted Cake	1 oz	15
Frosted Cake	1 oz	30
Cookie/Cookie Sandwich with Cream filling	2 small (2/3 oz)	15
Jellied Cranberry Sauce	¼ Cup	23
Frosted Cupcake	1 small (about 2j oz)	30
Sugar-free cookie	3 small/1 large (3/4-1 oz)	15

Type of Food	Serving Size	Carbs/Serving
Plain Cake Doughnut	1 medium (1 ½ oz)	23
Glazed Doughnuts	3 3/4 " across (2 oz)	30
Energy/Sport/Breakfast Bar	1 bar (2 oz)	30
Fruit Cobbler	½ Cup (3 ½ Oz)	45
100% Fruit Juice Bars, frozen	1 Bar (3 oz)	15
Chewy Fruit Snacks	1 Roll (3/4 Oz)	15
100% Fruit Spreads	1 ½ Tbsp	15
Regular Gelatin	½ Cup	15
Gingersnaps	3	15
Regular/Low-fat Granola/ Snack Bar	1 Bar (1 oz)	23
Honey	1 Tbsp	15
Ice Cream	½ Cup	15
Light Ice Cream	½ Cup	15
Low-fat Ice Cream	½ Cup	23
Fat-free sugarless Ice Cream	½ Cup	15
Regular Jam/Jelly	1 Tbsp	15
Whole Chocolate Milk	1 Cup	30
Fruit Pie (2 Crusts)	1/6 of 8" Prepared Pie	45
Pumpkin/Custard Pie	1/8 of 8" Prepared Pie	30
Regular Pudding (made with Reduced fat milk)	½ Cup	30
Sugar/Fat-free Pudding	½ Cup	15
Reduced-Calorie meal replacement shake	½ Cup	23
Plain low-fat/fat-free rice milk	1 Cup	15
Flavored low-fat rice milk	1 Cup	23
Fat-free Salad Dressing	¼ cup	15
Sherbet, Sorbet	1/2 Cup	30
Canned pasta sauce	½ Cup	15
Sports Drink	8 oz (1 Cup)	15
Sugar	1 Tbsp	15
Danish/Sweet Roll	1 (2 ½ oz)	38
Light Syrup	2 Tbsp	15

Type of Food	Serving Size	Carbs/Serving
Regular Syrup	1 Tbsp	15
Regular Syrup	¼ Cup	60
Vanilla Wafers	5	15
Frozen Yogurt	½ Cup	15
Fat-free Frozen Yogurt	1/3 Cup	15
Low-fat yogurt with Fruit	1 Cup	45
Combination Foods		
Tuna Noodle Casserole	1 Cup (8 oz)	30
Lasagna	1 cup (8oz)	30
Spaghetti with Meatballs	1 Cup (8 oz)	30
Chili with Beans	1 Cup (8 oz)	30
Macaroni and Cheese	1 Cup (8 oz)	30
Chow Mein (without Noodles or rice)	2 Cups (16 oz)	15
Tuna/Chicken Salad	½ Cup (3 ½ oz)	8
Frozen dinners	Approx. 14-17 oz	45
Meatless, soy-based burger	3 oz	8
Vegetable/starched based burger	3 oz	15
Thin Crust Cheese Pizza	4 ½-5 oz	30
Thin Crust Meat-Topping Pizza	5 oz	30
Pot Pie	1 (7 oz)	38
Entrée/Meal with less than 340 Calories	8-11 oz	30-45
Bean Soup	1 Cup	15
Cream Soup	1 Cup (8 oz)	15
Instant Soup	6 oz Prepared	15
Instant Soup with Beans/Lentils	8 oz Prepared	38
Tomato Soup	1 Cup (8 oz)	15
Split-Pea Soup	½ Cup (4 oz)	15
Vegetable beef, chicken noodle, basic broth-type soups	1 Cup (8 oz)	15
Fast Food		
Burrito	1 (5-7 oz)	45
Chicken Nuggets	6	15
Chicken Breast &Wing (Breaded and Fried)	1 of each	15

Type of Food	Serving Size	Carbs/Serving
Grilled Chicken Sandwich	1	30
Hot Chicken Wings	6 (5 oz)	0
Fish Sandwich with Tartar Sauce	1	45
French Fries	1 Medium Serving (5 oz)	60
Regular Hamburger	1	30
Large Hamburger	1	30
Hot-dog with Bun	1	15
Individual Pan Pizza	1	75
Thin Crust Cheese Pizza	6 oz	38
Thin Crust Meat Pizza	6 oz	38
Soft-Serve Cone	1 Small (5 oz)	38
Regular Submarine Sandwich	One 6" Sub	53
Sub Sandwich (less than 6 grams of fat)	One 6" Sub	45
Hard/Soft shell taco	1 (3-3 ½ oz)	15

Type of Food	Serving Size	Carbs/Serving
Free Food You can Eat 3 servings at one time (all the same or all different)		
Cream Cheese (Fat-Free)	1 Tbsp (1/2 oz)	5
Creamers, nondairy, liquid	1 Tbsp	5
Creamers, nondairy, powdered	2Tbsp	5
Mayonnaise, fat-free	1Tbsp	5
Mayonnaise, reduced-fat	1 Tsp	5
Margarine Spread, fat-free	4 Tbsp	5
Margarine spread, reduced-fat	1 Tsp	5
Miracle Whip, fat-free	1 Tbsp	5
Miracle Whip, reduced-fat	1 Tsp	5
Nonstick cooking spray		
Salad dressing, fat-free or low-fat	1 Tbsp	5
Salad dressing, fat-free Italian	2 Tbsp	5
Sour cream, fat-free reduced-fat	1 Tbsp	5
Whipped topping regular	1 Tbsp	5

Type of Food	Serving Size	Carbs/Serving
Whipped topping, light or fat-far	2 Tbsp	5
Sugar-Free Foods		
Candy, hard, sugar-free	1 Candy	5
Gelatin dessert, sugar-free Gelatin, sugar-free Jam or Jelly	2 Tsp	5
Syrup, sugar-free	2 Tbsp	5
Drinks		
Cocoa powder, unsweetened	1 Tbsp	5
Coffee		
Diet soft drinks		
Sugar-free Drink mixes		
Tea		
Tonic water, sugar-free		
Catsup	1 Tbsp	5
Horseradish	1 Tbsp	5
Lemon juice	1 Tbsp	5
Lime juice	1 Tbsp	5
Mustard	1 Tbsp	5
Pickle relish	1 Tbsp	5
Pickles, dill	1 ½ Medium	5
Pickles, sweet (Bread & butter)	2 Slices	5
Pickles, sweet (gherkin)	¾ Oz	5
Salsa	¼ Cup	5
Soy sauce, regular or light	1 Tbsp	5
Taco sauce	1 Tbsp	5
Vinegar		
Yogurt	2 Tbsp	5
Seasonings		
Flavoring extracts		
Garlic		
Herbs, fresh or dried		

Type of Food	Serving Size	Carbs/Serving
Pimento		
Spices		
Tabasco or hot pepper sauce		
Wine, used in cooking		
Worcestershire sauce		
One vegetable exchange (1/2 cup cooked or 1 cup raw) equals to 5 Carbohydrates		
Artichoke	1/2 cup cooked or 1 cup raw	5
Artichoke hearts	1/2 cup cooked or 1 cup raw	5
Asparagus	1/2 cup cooked or 1 cup raw	5
Beans (green, wax, Italian)	1/2 cup cooked or 1 cup raw	5
Bean sprouts	1/2 cup cooked or 1 cup raw	5
Beets	1/2 cup cooked or 1 cup raw	5
Broccoli	1/2 cup cooked or 1 cup raw	5
Brussels Sprouts	1/2 cup cooked or 1 cup raw	5
Cabbage	1/2 cup cooked or 1 cup raw	5
Carrots	1/2 cup cooked or 1 cup raw	5
Cauliflower	1/2 cup cooked or 1 cup raw	5
Celery	1/2 cup cooked or 1 cup raw	5
Cucumber	1/2 cup cooked or 1 cup raw	5
Eggplant	1/2 cup cooked or 1 cup raw	5
Green onions or scallions	1/2 cup cooked or 1 cup raw	5
Green (Collard, kale, mustard, turnip)	1/2 cup cooked or 1 cup raw	5
Kohlrabi	1/2 cup cooked or 1 cup raw	5
Leeks	1/2 cup cooked or 1 cup raw	5
Mixed vegetables (without corn, peas, or pasta)	1/2 cup cooked or 1 cup raw	5
Mushrooms	1/2 cup cooked or 1 cup raw	5
Okra	1/2 cup cooked or 1 cup raw	5
Onions	1/2 cup cooked or 1 cup raw	5
Pea pods	1/2 cup cooked or 1 cup raw	5
Peppers (all varieties)	1/2 cup cooked or 1 cup raw	5
Radishes	1/2 cup cooked or 1 cup raw	5

Type of Food	Serving Size	Carbs/Serving
Salad greens (endive, escarole, lettuce, romaine, spinach)	1/2 cup cooked or 1 cup raw	5
Sauerkraut	1/2 cup cooked or 1 cup raw	5
Spinach	1/2 cup cooked or 1 cup raw	5
Summer squash	1/2 cup cooked or 1 cup raw	5
Tomato	1/2 cup cooked or 1 cup raw	5
Tomatoes, canned	1/2 cup cooked or 1 cup raw	5
Tomato sauce	1/2 cup cooked or 1 cup raw	5
Tomato/vegetable juice	1/2 cup cooked or 1 cup raw	5
Turnips	1/2 cup cooked or 1 cup raw	5
Water chestnuts	1/2 cup cooked or 1 cup raw	5
Watercress	1/2 cup cooked or 1 cup raw	5
Zucchini	1/2 cup cooked or 1 cup raw	5

Diabetes-Intuitive Remedies

Find out what kind of diabetes the person has. If the Creator takes you to the pancreas, there is an imbalance in the blood sugar. Command to heal it and to "show me." Command that the pancreas balance the production and release of insulin.

Healing the liver is generally where the Creator begins to heal a person with diabetes.

Go in and command the chromosomes to change, causing them to produce the right amount of insulin, neurons and the receptors that are likely to take the messages needed by the body to create the proper amounts of insulin.

Command the insulin level to return to the level that it was before the diabetes took hold of the body.

If the Creator tells you that there is a weakness in a gene that is causing the diabetes, use the Gene Work for pulling and replacing the gene that is shown to you. With all genetic defects, where one defect is found, another one exists. The Creator will show you the other defect and repair this also.

In some instances, you may find that diabetes seems to be caused by an interaction with a mild virus over the outside of the cells which blocks them from hearing each other correctly. Go in and witness the virus changed to a harmless form.

Diabetes-Intuitive Insights

Diabetes is hard to detect intuitively since the medication they are taking will fool your 'sight' into believing that the body is balanced.

Diabetes-Belief Work-Programs

One of the first things I will do for diabetes type two is to give them the diabetes diet that is low in carbohydrates.

Then I will work on their Feelings of being defeated. On some level, especially on a Genetic Level, they feel defeated. They feel as though they have lost the battle and they are the defeated one.

When you sit down with a client in a Belief Work session, ask about their ancestors. In many instances you will see that their grandfather lost their farm, or their father lost everything, or their parents make them feel defeated. Always start with issues of defeat and boredom with life. I have had instant healings with people by working with these issues. This works well with diabetes type two. Beliefs and Feelings are of sorrow, emotional shock; the joy is gone in life, being judgmental and angry. People with diabetes are independent and have over-controlling issues such as "I have to control everything and everyone." Download "I know how to be healthy." Allow the person to visualize themselves as healthy and ask them what it would feel like if they were completely healthy and this will lead you to a Bottom Belief. Example: Statement of the client: "If I was completely healthy, I would go back to my old ways. I would leave my wife and my world would fall apart." This person thinks that diabetes is keeping him or her reliable and responsible, so they have no reason to heal the diabetes. This belief should be changed to "I can be reliable and responsible without diabetes." In diabetes, explore what is blocking them from being completely healthy.

Diabetes-Downloads

- I know what it feels like to live without defeat.
- I know what it feels like to live without this disease defeating me.
- I can achieve without diabetes.
- I know what it feels like to live without diabetes.
- I can achieve abundance without diabetes.
- I can maintain control without diabetes.
- I can care for my body without diabetes.
- I can care for my family without diabetes.
- I can be a mature person without diabetes.
- I can permit someone to love me without the fear of dying.

- I can be close to the Creator without diabetes.
- My family will still love me without diabetes.
- Diabetes is an inconvenience that I know how to live without.
- I know how to take care of my body without diabetes.
- I know what it feels like to live without resenting everyone and everything around me.
- I know what it feels like knowing that I have the freedom to choose.
- I know what it feels like to be allowed to be happy.
- I know how to motivate myself.
- I know what it feels like to know I am safe.
- I know what it feels like to live without resenting the past.
- I know what it feels like to be completely strong and healthy.
- I know it's possible to be completely strong and healthy.
- I know how to live without being bored.

Diabetes-Supplements and Other Remedies

- Glucophage is a pharmaceutical aid.
- Chromium, calcium and magnesium can be suggested.
- Do a liver cleanse! Suggest Cleanse and Build by Lidke Technologies.
- Cinnamon.
- CoQ10.
- Noni.
- No wormwood or oregano.
- Alpha lipoic acid helps to normalize blood sugar levels, but as with all supplements should be used with caution.
- Dandelion.
- DHEA.
- Omega 3's 6's and 9's.
- Goji juice

Diabetes-New Research

- Ongoing studies of those with diabetes have uncovered new information that is shedding light upon the development and causes of the disorder.
- One indication of diabetes is when the eyebrows stay dark while the rest of the hair has turned gray.
- According to a study, if a woman is a size D bra or larger at age 20, she may be up to five times more likely to develop diabetes.
- New research suggests that the month in which you are born could play a role in the development of type 1 diabetes. Spring babies seem to have a prevalence to diabetes.

- Previously overlooked, hearing loss has now been linked to diabetes as a complication.
- If you have periodontal disease or tooth loss you are at increased risk for diabetes.
- Those that are exposed to high levels of pesticides and herbicides have been found to be at increased diabetes risk.
- In some people, diabetes has been traced to fetal development.

The Digestive System

The Digestive System-Mouth Enzymes

The enzymes of the mouth are the beginning of the digestive system. They help to digest starch, as well as destroying powerful bacteria as it enters the body. These enzymes are swallowed with the food and travel down the esophagus to aid in digestion. The stomach releases acid to break up the food when it reaches the stomach. The pancreas releases enzymes, then, the liver releases alkaline bile at the start of the small intestine to prevent the acid from eating through the intestines. All ingested foods are broken down in the intestines and digested for energy. All waste is pushed out to the colon.

The Digestive System-The Stomach

The stomach is located on the left side of the body. The stomach thinks it is always busy and extremely important. If people do not know what it feels like to be loved and accepted, the stomach is affected and the food does not get digested properly. If you become angry that you ate something that perhaps you truly should not have, there is the possibility that the food will not get digested correctly because of your emotion. This is how sensitive the stomach is and how the intuitive person can permit their emotions to affect their health.

The Digestive System-The Intestinal Tract

The food is carried by villi through the intestines and small openings allow food and nutrients to go through them. Minerals have to be ionized in order to be small enough to be absorbed by the intestine. Colloidal minerals can be absorbed by plants, but are too big to be absorbed by the human digestive system. Due to an improper diet and perhaps other factors, some people have sluggish bowel movements. You are supposed to have a bowel movement about one half hour after eating. You will have regular bowel movements if you eat the right foods and are alkaline to process them correctly. The more Belief and Feeling Work you do, the more balanced your PH becomes. Belief Work alone can help a sluggish bowel.

The Digestive System-Abuse-Abused Children

The Digestive System is a prevalent place in the body where emotions of abuse can be stored. Abuse is quantified as children that have experienced physical, emotional, verbal, spiritual and sexual abuse. Children growing up in violent situations do not realize that the abuse they are experiencing is bad. They may accept it as normal. Children express themselves because of abuse in different ways. What registers in the mind of one person as abuse might not seem like abuse to another. Abuse can be a medical treatment given to a child that the doctors are running tests on. This could be an enema given to a child. Other things that register as abuse are when an adult says to a child "You are ugly," or when children tease each other with derogatory statements. The body can collect these memories and places them in patterns inside the organs. If a person witnesses abuse done to another, the body can also store this as abuse. When we go through the intestinal tract we can identify and release these old emotions and Programs.

Repetitive abuse or "ritual abuse," is any kind of abuse that is done over and over again, constantly, like a ritual. It does not have to be satanic ritual abuse. Abuse is held in the body in the abdominal area. The lower right side of the abdomen holds sexual abuse, while the lower left side of the body holds emotional abuse. The solar plexus holds shame. The liver holds anger. The spleen area holds fear and guilt. With the permission of the client the practitioner can gently touch these areas to bring up these issues. Or. have your client put their hand on their own abdomen when doing abuse work. Go up to the Creator and command the trauma to leave the body in the highest and best way, then begin using the Belief Work to find the Bottom Beliefs.

The Digestive System-Downloads for Abuse

- I understand what the Creator's definition of love is.
- I understand what it feels like to be loved.
- I understand what it feels like to be cherished by the Creator.
- I understand the Creator's definition of what it is to love myself, to cherish myself.
- I understand what it feels like to really love someone.
- I understand what it is to be loved by the Creator of All That Is.
- I understand the Creator's definition of acceptance.
- I understand the Creator's definition of what it is to be safe, protected and completely loved.
- I know how to live without allowing others to abuse me.
- I know how to live without abusing myself or others.

The Digestive System-Emotions

- Anger.
- Resentment.
- Fear.
- Guilt.
- The ability to accept love.

The Digestive System-Downloads

- I know what it feels like to live without fear.
- I know how to live without fear.
- I know how to live without resentment.
- I know Creator's definition of what it feels like to be safe.
- I know Creator's definition of what it feels like to be protected.
- I know Creator's definition of what it feels like to be secure.

Down Syndrome

Down syndrome is a condition in which additional genetic material causes delays in the way a child develops and often leads to mental retardation. It affects 1 in every 800 babies born. The symptoms of Down syndrome can vary widely. While some children with DS need medical attention, others lead very healthy and independent lives.

Down syndrome can be detected before a child is born. The health problems that can go along with DS can be treated and there are many resources within communities to help kids and their families who are living with the condition. Normally, at the time of conception a baby inherits genetic information from its parents in the form of 46 chromosomes, 23 from the father and 23 from the mother. In most cases of Down syndrome however, a child gets an extra chromosome. It's this extra genetic material that causes the physical and cognitive delays associated with DS. In Down syndrome, 95% of all cases are caused by the event of one egg cell having a duplicate of the 21st chromosome instead of one. So, the resulting fertilized egg has three 21st chromosomes for a total of 47 chromosomes instead of 46. The scientific name for this is trisomy 21. Recent research has shown that in these cases, approximately 90% of the abnormal cells are the eggs. The cause of the nondisjunction error isn't known, but there is definitely a connection with maternal age of the eggs. Research is currently aimed at trying to determine the cause and timing of the nondisjunction event.

Down Syndrome-Intuitive Remedy

In some cases, the child will often have a compromised immune system. In rare instances, the child has chosen this existence and the practitioner is instructed by the

higher self not to work on it.

Witness the Creator realign and balance the brain and use the Gene Work. With Down syndrome (gene oriented), ask the Creator what needs to be done.

Drug Abuse - Entity Energy in Drug Abuse

Drug addiction and alcoholism can leave people open to entities. The addiction causes a spiritual energy drain that opens the person for parasitic energy and an entity is able to intrude into the weakened "space" or aura of the person. Of all the drug-addicted people that I have experienced psychically, there have been strange entities attached to them. Each drug seems to have their own entity peculiar to it and intuitively looks the same from person to person. To help the person, move the person's serotonin level as the Creator directs and go into the person's space to see if anything needs to be detached and sent to the Creator's light. If they are on drugs, the entity will be attached to them. The spiritual entities will attach themselves to the addicted person, gain a hold on the mind and whisper to them the words that keep them addicted to the substance. These entities must be sent to the Creator's light to ease the suffering of the addicted person to give them a chance at recovery.

Warning! The abuse of Methamphetamine creates raw dopamine in the brain. Raw dopamine actually eats and destroys the feeling parts of the brain. This is why feelings for parents and loved ones seem nonexistent with a methamphetamine addict. Depending on the severity, it can take a year for these feelings to return to normal, if ever. Command the feeling centers of the brain to return as they were before the addiction.

These are some of the forms that addictive energies may look like intuitively:

- A heroin spirit looks like an shriveled old man with hollow eyes.
- A marijuana spirit looks like an emaciated brown haired woman with glowing green eyes.
- A cocaine spirit looks like an emaciated, white-blond haired woman with skin the color of snow with electric blue eyes. Her energy will be flowing around the addictive person.
- A crystal methamphetamine spirit looks like an emaciated, white-blonde woman with blank holes for eyes.
- Each type of alcohol has a different spiritual energy that is attached to it and looks different for each type of alcohol. Why do you think they call it spirits?
- You may see these spirits flying to God's light when you "Heal the Broken Soul."

Drug Abuse-Exercises

Use the following exercises with an alcoholic:

- Heal the Broken Soul Exercise.
- Baby in the womb Exercise.
- Free Floating Memories Exercise.
- Heart Song Exercise.

Drug Abuse-Belief Work

Issues of worthiness.

Drug Abuse-Beliefs-Downloads

- I know what it feels like to live my day-to-day life without feeling co-dependent upon a drug.
- With every day, in every way, I get healthier and stronger.
- Life is beautiful.
- I can enjoy life without the use of drugs or alcohol.
- I know what it feels like to live without having to feel sad.
- I know what it feels like to get high on life.
- I no longer feel happy with alcohol.
- I no longer feel happy with drugs.
- I no longer feel happy with tobacco.
- I can feel the breath of life without alcohol and drugs.
- Alcohol is a waste of time.
- Drugs are a waste of time.
- I feel clean.
- I breathe the air.
- I feel joy.
- Life is full of possibilities.
- There is magic in all things.
- I can feel magic without the use of drugs and alcohol.
- I am connected to God.
- I am full of energy and change.

Drug Abuse-Supplements-Remedies

- Folic acid.
- Vitamin B complex.
- Omega 3s.
- Goji juice.

- Glutathione IVs from a certified practitioner.
- Molybdenum-300mgs.
- A sauna cleanse can be beneficial.
- Niacin cleans drugs out of the body.
- Echinacea also cleans drugs out of the blood.
- Chaparral cleans out hallucinogenic drugs.
- Use Liver cleanses.
- The Alkaline Diet.
- Command any way-wards to go to the Creators light.

Dyslexia

Do not change it, ever! You can ask for it to tone down or relax. If the person has dyslexia, then there is also a genius gene present! Some of the most intelligent people have dyslexia. Ask the Creator to show you what needs to be done.

E-coli

There are some E-coli that are naturally in the body, so do not command that they are all destroyed.

E-coli-Intuitive Remedy

Command that the body is balanced. Supplements or Other Remedies: Two capsules of Thyme for 2 days or charcoal to settle the stomach.

Epstein-Barr

This is a herpes virus. It is a type of herpes that can make the spleen swell. 85% of people in America have this virus. It will likely manifest itself when the person has a lowered immune system.

Epstein-Barr-Supplements or Other Remedies

Suggest a fungi cleanse, such as oregano, cumin or myrtle.

Epstein-Barr-Beliefs

"I can't help myself," "People are picking on me," victimization, "I know how to live without being miserable" and "I know how to enjoy my day to day life with joy".

Epstein-Barr- Supplements

- Multi-mineral and multi-vitamins are a must, especially Vitamin B complexes.
- See Viruses & Fibromyalgia for remedies and Beliefs.

Estrogen

Too much estrogen causes heart conditions, weight gain, cysts and cancer. Too little causes weight gain, cysts and depression. We need estrogen to absorb calcium.

Estrogen-Imbalances-Supplements

- Maca.
- Damiana.
- Suma.
- Licorice root.

Avoid these herbs if there has been a estrogen related cancer.

Estrogen-Intuitive Remedies

- Command the hormones to balance.
- Check the person for relationship issues.
- Check the person for thyroid problems.

Endometriosis

Endometriosis is a common health problem in women. It gets its name from the word endometrium, the tissue that lines the uterus (womb). In women with this problem, tissue that looks and acts like the lining of the uterus grows outside of the uterus in other areas. These areas can be called growths, tumors, implants, lesions, or nodules.

Symptoms include:

- Very painful menstrual cramps.
- Pain with periods that gets worse over time.
- Chronic pain in the lower back and pelvis.
- Pain during or after sex.
- Intestinal pain.
- Painful bowel movements or painful urination during menstrual periods.
- Heavy and/or long menstrual periods.
- Spotting or bleeding between periods.
- Infertility (not being able to get pregnant).
- Fatigue.
- Endometriosis can be genetic, caused from problems with the liver or created from Beliefs.

Endometriosis-Intuitive Remedy

Command that it shrink to balance the body. Check for these Beliefs that may be related to it.

- I feel taken advantage of.
- I have to fight for all I have.
- I am never allowed to rest.
- I am not good enough.
- See fibroids for other Beliefs.

Endometriosis-Supplements or Other Remedies

- Alpha lipoic acid.
- Magnesium-Calcium.
- Vitamin C.
- Liver cleanses.

Emphysema

Emphysema is a long-term, progressive disease of the lung that causes shortness of breath. In people with emphysema, the lung tissues that are necessary to support the physical shape and function of the lung are destroyed. It is included in a group of diseases called chronic obstructive pulmonary disease or COPD. Emphysema is called an obstructive lung disease because the destruction of lung tissue around smaller airways, called bronchioles, makes these airways unable to hold their shape properly when you exhale.

Emphysema-Causes

- Cigarette smoking, air pollution, asthma and genetic defects are all possible causes.

Emphysema-Intuitive Remedy

Command change and witness the Creator holding the lungs up, breathing in love and life to recreate the cells. Witness the Creator change the emphysema and witness the dark patches sent to Creators light.

Emphysema-Beliefs

- Download "I am worthy of God's love," "I know what it feels like to have love for myself" and "I have compassion for myself".
- See asthma for other possible Beliefs.

The Endocrine System

The basics of the endocrine system are the hormones and glands. As the body's chemical messengers, hormones transfer information and instructions from one set of cells to another. Although many different hormones circulate throughout the bloodstream, each one affects only the cells that are genetically programmed to receive and respond to its message. Hormone levels can be influenced by factors such as stress, infection and changes in the balance of fluid and minerals in the blood. The glands of the endocrine system and the hormones they release influence almost every cell, organ and function in the body. The endocrine system is instrumental in regulating mood, growth and development, tissue function and metabolism, as well as sexual function and reproductive processes.

The moods and emotions are run by the endocrine system through the bodies incredible message centers. Hormones are chemical messengers and it is interesting to note that modern science has identified them as crystalline in structure as they are released to act out their functions. All organs that produce hormones are a part of the endocrine system. Dopamine is released as a reward in the body to stimulate us to

eat food and to have sex. The body communicates in two ways; with hormones, the chemical messengers in the blood and the nervous system, with electrical impulses. These two ways of communication work together. The endocrine system regulates and balances all the other systems. The endocrine system regulates our emotions and the emotions contribute to general health. If the emotions of joy and love are experienced, the body will heal much faster than if anger or hatred are prevalent.

Endocrine System-Three Major Components

Glands: These are specialized cell clusters or organs.

Hormones: These are chemical messengers secreted by the glands in response to stimulation.

Receptors: These are gateways or doorways for the hormone to trigger cell responses.

Endocrine System-Feelings to be taught to the Endocrine System

The teaching of these Programs will not eliminate important emotions from a person. If emotions are balanced in the body, they are for our benefit. Training of the specific "feeling" will simply balance the emotions and give the person conscious choice to change.

- I know how to live without anger.
- I know how to live without depression.
- I know how to live without fear.
- I know how to live without regret.

Endocrine System-Downloads for the Endocrine System

- I understand how to relax.
- I understand what it feels like to rest.
- I understand how to have fun.
- I know how to make decisions easily.

Endocrine System-Intuitive Remedy for the Endocrine System

- Make the command "Creator, change this and show me. Balance the hormones and chemicals in this body for the highest and best. Thank you. It is done. It is done. It is done." Witness the process as done.
- Each hormone has different receptors in the cells. They cross each other in the blood stream, but do not interact directly with each other.

Epilepsy

Epilepsy is a brain disorder that causes people to have recurring seizures. The seizures happen when neurons in the brain send out the wrong signals. People may have odd sensations and emotions or behave strangely. They may have violent muscle spasms or lose consciousness. Epilepsy has many possible causes including illness, brain injury and abnormal brain development. In many cases, the cause is unknown. Doctors use brain scans and other tests to diagnose epilepsy. It is important to start treatment right away. There are many medicines that can control seizures for most people. When medicines are not working well, surgery or implanted devices such as vagus nerve stimulators may help. Special diets can help some children with epilepsy.

Epilepsy-Seizures

In a grand mall seizure the heart actually stops. There are many things that can trigger seizures. Memories, hormones, brain injuries and traumatic events can trigger seizures. They can also be a learned behavior. Fetal stress due to mother's stress can throw off neurotransmitters.

Epilepsy-Triggers for Seizures

Hormones, caffeine, flashing lights, medications and alcohol can all trigger seizures.

Epilepsy-Intuitive Insights

Epilepsy is intuitively seen as a short-circuit going through the back of the brain, or lesions in the front. There have been some results seen by doctors when patients have been treated with male/female hormones. Some children will grow out of the challenge. Some of the conventional medicine given for seizures can actually create seizures, because of overdoses. Seizures are also caused when the brain doesn't get enough oxygen, so the body tries to catch up and begins to shake. The shaking is not the seizure; it is the body attempting to recover. The best way to pull someone out of a grand mall seizure is to touch them and command the body to stop shaking and imagine energy up through their feet.

Epilepsy-Intuitive Remedies

Connect to the Creator and make the Command to "show me" and witness the changes. Witness the neurons reconnecting and clear any free floating memories. Go in and change the fetal memory and tell the growing baby not to worry and that it is safe. Use the Free Floating Memory Exercise.

Epilepsy-Supplements

- Hormone therapy.
- Maca.
- Panax Ginseng.

Epilepsy-Exercise: Pull All Free-Floating Memories

1. Center yourself.

2. Begin by sending your consciousness down into the center of Mother Earth, into All That Is.

3. Bring the energy up through your feet, into your body and bring the energy up through all the chakras.

4. Go up through your crown chakra, raise and project your consciousness out past the stars, past the Universe.

5. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearl, iridescent white light, into the Seventh Plane of Existence to connect to the Creator of All That Is.

6. Gather Unconditional Love, make the command: Creator of All That Is, it is commanded that any free-floating memory that is no longer needed, which no longer serves this person, be pulled, canceled and sent to Creator's light, in the highest and best way and to be replaced with Creator's love. Thank you. It is done. It is done. It is done."

7. Move your consciousness over to the head of the client and witness the healing taking place. Watch as the old memories are sent to the Creator's light and the new energy from the Creator replacing the old.

8. When you are finished, move your consciousness out of the client's body through the crown chakra and disconnect by rinsing yourself off in a stream of water or light. Entering your body through your crown chakra, send your consciousness down into Mother Earth to ground yourself, pulling the energy up into the top of your crown, putting yourself back into your space and performing a physical energy break.

Epilepsy-Supplements

- Maca.
- Panax Ginseng.

Epilepsy-Supplements or Other Remedies

- Hormone therapy administered by a doctor.
- Blue light.
- Alpha lipoic acid
- The Alkaline Diet.
- Avoid flashing red lights.

The Excretory System

The Excretory System is the system that rids the body of waste products. The word Excretion means removal of wastes from the body. Without the Excretory system, we would all be dead because the excretory cleans the blood and sends the wastes from the blood out the urine. This system is also known as the Urinary System. The excretory system regulates the chemical composition of body fluids by removing metabolic wastes and retaining the proper amounts of water, salts and nutrients. Components of this system in vertebrates (mammals) include the kidneys, liver, lungs and skin.

Excretory System-The Bladder

The bladder is a place where uric acid is held so that it can leave the body. The bladder harbors old resentment and old anger.

Excretory System-Kidneys

The kidneys job is to maintain hydration throughout the body as well as getting rid of excess uric acid. They hold anger, resentments and grudges. If people aren't healing, go through the backdoor to the kidneys and do Resentment Work.

The Eyes

The eyes consist of the cornea, optic nerve, retina and lens. Iridologists believe that if the eyes have a green tinge, then there is extra bile in blood, which is a sign of liver congestion. I believe that eye color is genetic. Green, red and blue are the only true colors in the spectrum and the rest are a mix of these. However, I have seen slight color variations in the eyes with liver cleanses.

There is too much emphasis on 20/20 vision. We all see slightly different and use other senses to compensate. There is too much emphasis on what we call "normal eyesight." The accepted values for normal eyesight are considered to be 20/20, 20/15 with 20/10 as better than normal sight. So when the last number goes down, the eyesight becomes better. To focus at a distance, the lens relaxes over the eyes, the muscles relax

and the lens slants and bends so the light rays go directly to the back of the eyes.

When muscles in the eye contract to much, the eye lens becomes more rounded. At the point where the image goes through the lens, the objects will become blurred, causing near-sighted vision. This occurs when the lens reaches its maximum curvature to create a proper image.

The eyes are the windows to the soul. They are a reflection of all our experiences. We are allowed to take one thing with us throughout all our lifetimes: The energy of our eyes. Sometimes the eyes are different colors from Existence to Existence, but the same energy of sight follows us and the memory of the past is held in them.

The eyes are a good indicator of a persons Belief Systems and the truth. Working on the eyes brings up a wealth of emotions. Let the person know that when you work with their eyes there will be many emotions that come up each time Programs are released and replaced, or when physical Healings are done. All parts of the eyes heal quickly, including the retina. Ask the Creator for the best vision possible for the person. If you ask for better sight, this will also increase their intuitive sense of "sight". When you work on the eyes, get in the person's space, witness with the Creator and get out fast to avoid fear, doubt or disbelief! If you see something with the physical eyes, in one sense it is witnessed in this reality as a manifestation. The eyes are one of the processors of intuitive energy and if information is sent through the eyes to the brain, it is perceived as real in this Plane of Existence because of the connection to the nervous system. Follow up with Belief Work anytime you do Healings on the eyes and suggest that the person keep their liver clean. If you have done a Healing on the eye and there are little or no changes, it may be that a good liver cleanse is in order. The liver directly affects the eyes and a liver cleanse is a must in some situations with the eyes. You may have to do an additional liver cleanse to follow up.

When you work on the eyes, make sure their glasses and contacts are off. The reason for this is because the command to repair will not be accepted because with the contacts or glasses on, the eyes already "see" close to 20/20 vision. The brain and the soul accept these facts as real. In many instances, the eyes need coaching and to change eyesight. You may need to change it gradually, with more than one Healing session.

You do not have to know the intricate structure of the eye to heal it. Imagine the light as it enters the eye hitting the back of the eye, evenly and correctly. If they are nearsighted, have them look at an object in the distance on some thing that they can see clearly as the Healing is done. If they are somewhat farsighted, have them focus on something close at hand on what they can see clearly as you correct how the light enters into their eye. Stay with this process and watch it until the light actually hits the back of their eye in the correct position.

Sometimes the eye refuses to correct completely. This means that there is too much emotion for the mind to deal with. The eyes will usually not correct instantly. The intricate structures of the eye may not be able to handle an instant Healing all at once. A gradual improvement is much easier for your system and the attached emotions. When dealing with the eyes, check the Belief Systems for fear of seeing the truth and, "I am a victim." As always, if you have any questions here, go up and ask the Creator.

Diabetes or pregnancy can cause challenges with the eyesight, so do not forget to look for physical explanations. You can intuitively clean out a burst blood vessel, which is caused by lack of vitamins and minerals. For chronically dry eyes, intuitively clear out the tear ducts and glands.

The Eyes-Diseases of the Eye

- Astigmatism
- Cataracts
- Glaucoma
- Near-sighted
- Far-sighted
- Kidney renal failure
- Macular degeneration

The Eyes-Nearsightedness-Far Sighted Vision

Nearsightedness occurs when the eyeball is too long and pointed. Instead of focusing on the retina's surface, the image is focused in front of it. You need to re-adjust this part of the surface until you are able to make the focus correct.

Remember, farsightedness occurs when the eyeball is too short, causing the image to focus behind the retina instead of on the surface. You can correct this by changing the surface of the eye. Always work on the eye on a Genetic Level. You will witness the Creator adjust the surface of the eye so that the light goes through the surface of the eye differently, making sure that it hits the back of the eye correctly. By having the light hit directly at the very back of the eye, in a perfect line, the eyesight will improve. In many instances you will only witness a flash and the Creator is finished. If this happens, you may ask for a replay of the healing.

Unlike near sightedness, far-sightedness can come from the mother having taken birth control pills at conception, or it may be caused by Beliefs.

The Eyes-Beliefs

In finding Programs and Beliefs associated with the eyes, the practitioner must find

out if there is something that the client does not want to see. They have to want to see the truth and if they Energy Test that there is something that they don't want to see, their eye sight will not improve. Also, go in to explore for any History memories of why they can't see. Explore Programs that are associated with the time in their life that their eyesight began to fail them. With some people it is necessary to use the Gene Work.

Emotions of the Eyes

Ego: There is a Native American saying, "If your ego isn't your amigo you are in trouble." A person's ego is important to them and one should not attempt to command ego away. There is yin and yang in us and we have a tendency to push aside what we don't want to see in ourselves instead of learning from it and integrating it. Your ego is what you are. Where is your ego taking you? Ask yourself if your ego is balanced. Egotism is what you want to avoid.

Jealousy: When you covet something or the fear of loss.

Truth: Truth is seeing your truth and the truth of others without interfering in their free will.

Blocks: Test for blocks over the third eye from past, present and future times. What is blocking you from seeing and achieving your dream?

The Eyes-Beliefs

With the Belief Work, explore for Programs about the person's ego and comparisons that they make between themselves and with others.

- When you work on the eyes be sure to first test them for Programs of " I see truth." Make sure that they are unafraid of the future or" I fear the future" and that they are "Living in this moment, focused on the future".
- Not wanting to see the future.
- For near-sightedness: Not wanting to see the present as it is. "It's okay to see," "I can see the truth" and "I am allowed to see clearly."

The Eyes-Downloads

- I know what it feels like to live my day to day life without self-sabotaging myself.
- I know the Creator's definition of my soul's true potential.
- I have the Creator's definition of what it feels like to witness the highest truth.
- I have the Creator's definition of how to see myself through the Creator's eyes.
- I have the Creator's definition of how to see others through the Creator's eyes.
- I know what it feels like to live my life without discouragement.
- I know what it feels like to live my life without disappointment.

- I know what the Creator's definition of hope is.
- I know what it feels like to live my life without feeling hopeless.
- I have the Creator's definition of what it feels like to have my dreams come true.
- I know what it feels like to live my life without competing with my fellow ThetaHealers.
- I have the Creator's definition of how to reach my highest potential.
- I have the Creator's definition of what it feels like to have my boundaries respected by others.
- I have the Creator's definition of what discernment is.
- I have the Creator's definition of what true communication is.
- I have the Creator's definition of what it feels like to have ethics.
- I have the Creator's definition of what it feels like to have integrity.
- I have the Creator's definition of what it feels like to be honest with myself and with others.
- I have the Creator's definition of how to live without having to trade one of my senses for power.
- I have the Creator's definition of what it feels like to have the ability to see all truth in the highest and best way.
- I have the Creator's definition of what it feels like to have clarity.
- I understand what it feels like to witness the highest truth.
- I have the Creator's definition of what truth feels like.
- I know how to live without thinking that the only time I have no demands from others is when I am not wearing my glasses.

Eyes-Supplements or Other Remedies

- Look for vitamin deficiencies when working with sight problems. Zinc helps the eyes to focus and vitamin A will clear allergies in the eyes. Suggest a liver cleanse, as a congested liver can affect the eyes. Using beta-carotene for a week will help night blindness.

The Eyes-Astigmatism

Astigmatism is an unequal curving of one or more of the refractive surfaces of the eye, usually the cornea. It prevents light rays lying in specific planes from coming into focus on the retina, thus producing blurred vision. Ask the Creator to readjust the curvature of the eye so that it is correct for 20/20 vision. If you do an eye Healing and it doesn't work right away, there is a need to do a liver cleanse. The eyes need coaching. Since the eyes change gradually, change contacts and glasses as you go and you will have to do a liver cleanse to follow up. Belief Work should always be done.

The Eyes-Cataracts

To pull off a cataract, you need to go into the eye and imagine the cataract gently being removed off the eye.

The Eyes-Glaucoma

Glaucoma causes blindness due to increased pressure within the eye that leads to damage of the optic disk. This is caused by a blockage in the blood flow to the optic nerve. The result is the degeneration of nerve fibers. Those who are at the greatest risk for glaucoma are over 60, people with African-American ancestry, high blood pressure, diabetes, smokers, steroid users, people with severe myopathy or a family history of glaucoma.

The most common form is called open angle glaucoma. This type of glaucoma has no symptoms until it is quite advanced and only half of those people with this disorder are aware that they have it. Open angle glaucoma has no visible blockage in the structure of the eye and it appears normal. The most pronounced symptom is a gradual loss or darkening of periphery of vision and a marked decrease in night vision with the ability of the eye to adjust to darkness. The loss of this ability leaves a person with "tunnel vision," low-grade headaches and the need for frequent changes in eyeglass prescription.

A far less common but more serious form of glaucoma is closed angle glaucoma. This type of glaucoma never manifests any symptoms until very late in the condition. By this time the vision can be irreversibly damaged. Attacks of this type of glaucoma occur when the channels through which the eye fluids drain suddenly become constricted or obstructed. Early warning signs that a problem is developing include eye pain or discomfort mainly in the morning, blurred vision, seeing halos around lights and inability of the pupils to adjust to a dark room. Some symptoms can be accompanied by nausea and vomiting. Permanent vision damage can occur in as little as three to five days making treatment within the first 24 to 48 hours imperative.

Normotensive glaucoma manifests itself even though there is normal fluid pressure within the eye. With this condition, the optic nerve is damaged and vision is impaired much the same way as open angle glaucoma but without the increased fluid pressure. This has led researchers to shift their focus to the optic nerve itself. It is believed that mechanisms other than pressure may cause changes in the eye that can cause damage to the optic nerve.

Scientists believe that glaucoma may be closely linked to stress, nutritional problems or disorders such as diabetes and high blood pressure. Another factor might be glutamate, an amino acid that might somehow be in excessive amounts in the body. Prob-

lems with collagen, the most abundant protein in the human body, have been linked to glaucoma. Collagen acts to increase the strength and elasticity of tissues in the body, especially those of the eye. Collagen and tissue abnormalities at the back of the eye contribute to the clogging of the tissues through which fluid normally drains. For those at risk with glaucoma, a yearly eye exam is necessary.

The Eyes-Glaucoma-Belief Systems

Most of the people that I work with that have glaucoma have the associated disease of diabetes, so many of the Belief Systems would be the same.

- "The fear of seeing the truth of a situation."
- Feelings of inadequacy.
- Fear of how others perceive you.
- Unable to accomplish your life's mission.
- Allowing other people to treat you inadequately.
- Being blind to what is going on around you.
- Having to deal with the people in your life.

Ask the person what was going on in their life during the time that the first signs of the symptoms appeared. Make the person think back to what the feeling was at that time and who was in their life that was making them not want to see something. These are some of the questions you need to ask the person with early glaucoma.

The Eyes-Glaucoma-Healing

Go into the eye, witness the blood flow increase to the eye by opening the capillaries and witness the Creator repair any damage. This is the most successful way to work on glaucoma.

The Eyes-Glaucoma-Suggestions

People with glaucoma should avoid prolonged stress such as prolonged watching television, reading and using a computer for long periods. Take periodic focus breaks every 20 minutes and avoid smoking, alcohol and coffee. Avoid taking high doses of niacin.

The Eyes-Glaucoma-Supplementation

- Vitamin C.
- DHEA.
- Vitamin B complex.
- Alpha Lipoic Acid helps with some eye challenges.

Fibroids

A uterine fibroid is the most common benign (non-cancerous) tumor in a woman's uterus. Fibroids develop in the uterine wall or attach to it. They may grow as a single tumor or in clusters. Uterine fibroids can cause excessive menstrual bleeding, pelvic pain and frequent urination. These growths occur in about 25% of all women and are the leading cause of hysterectomy (removal of the uterus) in the United States. Of every woman older than 35 years, 1 in 5 has a uterine fibroid. An estimated 600,000 hysterectomies (removal of the uterus) are performed in the US annually and at least one-third are for fibroids. Medications and newer, less invasive surgery can control the growth of fibroids. Fibroids start in the muscle tissues of the uterus. They can grow into the uterine cavity, into the thickness of the uterine wall, or on the surface of the uterus into the abdominal cavity. Although these tumors are called fibroids, this term is misleading because they consist of muscle tissue, not fibrous tissue.

Fibroid Tumors-Intuitive Remedies

Go into the body and work on the fibroids by telling them to go away. Make sure that you work on any unresolved hurts the person may have.

Fibroids-Supplements or Other Remedies:

Fibroid tumors can be changed easily by adding more magnesium-calcium to the diet and using a liver cleanse. Fibroid tumors may disappear with a liver cleanse.

By suggesting calcium it is possible to shrink their fibroids. If they're biting their fingernails, consider this another indication that their body might be needing calcium.

Maca, an herb from South America, will shrink their fibroids also. Suggest a liver cleanse, alpha lipoic acid. Calcium/magnesium have been known to shrink fibroids.

Fibrocystic Breasts

Fibrocystic changes occur in about half of all women, mostly during child bearing years. The cause appears to be normal hormonal fluctuations. This may be because the symptoms of fibrocystic breasts usually increase right before menstruation and subside after menstruation. These monthly changes usually stop after menopause. Fibrocystic

breast changes were once referred to as a disease, but since the condition is so prevalent, it is no longer considered so.

The following symptoms of fibrocystic breasts usually peak right before menstruation.

- Breast pain and tenderness.
- Thickened, lumpy areas in the breast tissue.
- Feeling of fullness in the breasts.
- Non-cancerous cysts.
- Nipple discharge or sensation changes.

Mammogram results for women with fibrocystic breasts may be difficult to read due to the breast tissue being denser than normal tissue. However, a definitive diagnosis can be made with a combination of mammography, an ultrasound and sometimes a minimally invasive needle biopsy.

Some of the following self-help measures may alleviate symptoms:

- Restrict fat intake to 25% or less of daily calories
- Eliminate caffeine from the diet
- Wear a well-fitting bra with good support
- Take certain vitamin or herbal supplements – discuss this with a doctor
- Use oral contraceptives – discuss this with a doctor

Fibrocystic Breasts-Intuitive Remedies

Fibrocystic breasts are generally an inherited condition. However, if the person uses liver cleanses and keeps their liver clean, they will have good results in stopping the growth of these fibroids, as well as shrinking them. Conventional medicine prescribes calcium and magnesium to shrink fibroids. The person with fibroids should use ALA.

The basic Healing works well to shrink fibroids.

Fibrocystic Breasts-Beliefs

Most of the issues around fibrocystic breasts cycle around sexuality.

Fibrocystic Breasts-Supplements

- Red clover
- Burdock
- Vitamin A, vitamin C
- Amino acid complexes

Fibromyalgia

Fibromyalgia is a chronic condition typified by widespread pain in the muscles, ligaments and tendons, as well as over-all fatigue. Fibromyalgia is more common in women than in men. Fibromyalgia is characterized by pain in specific areas of the body when pressure is applied. The pain generally persists for months at a time and is often accompanied by stiffness. People with fibromyalgia often wake up tired even though they seem to get plenty of sleep. Studies suggest that this sleep problem is the result of a sleep disorder called alpha wave interrupted sleep pattern, a condition in which deep sleep is interrupted. Irritable bowel syndrome is considered to be a complication due to Fibromyalgia. Symptoms include constipation, diarrhea, abdominal pain and bloating. The symptoms that are associated with IBS are common in people with fibromyalgia. Many people who have fibromyalgia also have headaches and facial pain that may be related to tenderness or stiffness in their neck and shoulders. It is common for people with fibromyalgia to report being sensitive to odors, noises, bright lights and touch.

Doctors do not know what causes fibromyalgia, however, information currently centers on a theory called "central sensitization." This theory states that people with fibromyalgia have a lower threshold for pain because of increased sensitivity in the brain to pain signals. Researchers believe repeated nerve stimulation causes the brains of people with fibromyalgia to change. This change involves an abnormal increase in levels of certain chemical neurotransmitters in the brain that signal pain. It seems that neurons, the brain's pain receptors that receive signals from the neurotransmitters develop a sort of "memory of the pain" and become more sensitive. This means that they can overreact to pain signals.

Fibromyalgia-Intuitive Insights

Fibromyalgia is a disease that gets in the muscles. Fibromyalgia is actually a symptom. It can sometimes be caused by the herpes virus called the Epstein Barr virus. If you think that you have Fibromyalgia because your joints hurt, you may not have Fibromyalgia. You may have arthritis, because Fibromyalgia and Epstein Bar get in the muscles, not the joints. It's essentially an American virus. The Epstein Bar virus is carried by about 80% of Americans. Just because you don't experience symptoms doesn't mean you don't have it. Fibromyalgia can develop in situations when the person is under a great deal of stress. It takes effect when the immune system becomes fatigued.

People that are on the go all the time and never stop have a tendency to develop Fibromyalgia. Sometimes I think that the body creates some mild diseases in order to reach a desired effect. It's as if the body says: "Since you don't know how to rest, I'm going to make you." The body knows that they won't rest unless they have a good enough reason to rest and what better reason than sickness?

People that have workaholic tendencies don't know how to stop and always have to make sure that everything gets done. Workaholics are going to have a lot of muscle problems.

If you have workaholic tendencies you may want to make sure that:

- My muscles know how to rest.
- I know how to rest.
- I know how to receive love.

Fibromyalgia-Supplements.

- Echinacea to cleanse the blood.
- Cayenne pepper to stimulate the immune system.
- Milk Thistle to cleanse the liver.
- Raw fruit juices consisting of beet, celery, garlic, ginger and carrots will take the pain out.
- ALA.
- Calcium-magnesium.

Food and Common Sense

There are literally thousands of books out there with their attached ideas: books that tell you to eat raw meat, books that tell you not to eat sugar, books that tell you not to eat gluten, books that tell you to only eat fruit and books that tell you to only eat vegetables. All these books are based upon an individual person's opinion and what has worked for them. As you explore these opinions, you have to use good common sense. Any diet, herbal supplement, or medication must pertain to the individual because we are all different in our reactions to these substances, food or otherwise. Go up and ask God what to eat. Go up and ask God what is good for your body. For instance, if you only eat fish that comes naturally from the sea, it is highly likely that you are getting high doses of mercury. If all you eat is beef, you may not be getting all the minerals that you need that are in vegetables. If all you eat is vegetables you may not get enough protein to sustain your body. Most Vegans are trained how to get enough protein for their body. I am always amused when someone comes to me and says they are a vegetarian but they only eat fish and chicken. This is not a vegetarian! This is a person that does not eat red meat.

When you go out to a restaurant, ask what food on the menu would be most beneficial for you. Salad bars at restaurants can be dangerous, because the vegetables set out in the open air and can accumulate bacteria. Ask the Creator if the salad bar is safe.

Food Poisoning

Food can cause gastrointestinal disorders in man and animals if it is contaminated by microorganisms and their secondary metabolites. The result is gastrointestinal disorders in man and animals. Generally, food poisoning is a term applied to illness caused by common bacteria like Staphylococcus or E. coli. However, classical food poisoning, sometimes incorrectly called ptomaine poisoning, is caused by a variety of different bacteria. The most common are Salmonella, Staphylococcus aureus, Escherichia coli or other E. coli strains, Shigella and Clostridium botulinum. Each has a slightly different incubation period and duration, but all except C. botulinum cause inflammation of the intestines and diarrhea.

Food Poisoning-Intuitive Remedies

Command that a healing is done and drink plenty of liquids as there is a danger of dehydration. The strains of bacteria that I work with most commonly are E coli, salmonella and Giardia. You will find salmonella in uncooked chicken meat. Go up to the Creator and witness as the bacteria is flushed from the whole system. There have been times that I have done a Healing and the person vomited immediately after. If you have food poisoning yourself, it can be difficult to get into a deep theta-wave to witness a healing, so I suggest that you use a little thyme in the form of Listerine to flush the bacteria. Two teaspoons for two days at a time is recommended.

Before you eat any food, be sure to go above your space and ask the Creator if the food is contaminated. You should be particularly careful at salad bars, because the more food sets out, the more prone it is to food poisoning because of the rapid growth of bacteria. Always keep food such as mayonnaise and eggs refrigerated. Never use eggs if they are cracked. Be particularly careful of meats so that they do not contaminate other foods. Clean cutting boards and utensils if they come into contact with poultry and thaw all meats in the refrigerator.

Gallstones

Gallstones compose a solid formation of cholesterol and bile salts. However, research shows that approximately 80 to 90 percent of all gallstones are cholesterol gallstones which form when the liver begins secreting bile that is abnormally saturated with cholesterol. The excess cholesterol crystallizes and then forms stones which are stored in the gallbladder or the cystic duct. Gallstones can also form due to low levels of bile acids and bile lecithin.

Risk factors which can lead to increased incidence of gallstones include the "Four Fs:" Fat, female, fertile and flatulent, as well as sickle cell disease (bilirubin), cirrhosis, Crohn's disease, diabetes, pancreatic disease and hyperparathyroidism.

Gallstones-Intuitive Remedy

For small gallstones, you can consider using gallstone cleanses and liver cleanses that can help. You can also go in and command the stones to break down into small pieces. As with any Healing, it is best to ask the Creator what is the best advice for the person.

Gallstones-Supplements or Other Remedies

Juniper berry is good for kidney stones (in essential oil or as a tea). Watermelon, apple juice, lemon juice and magnesium break down stones. For gallstones: Drink 1-cup of milk, touch of ginger and 2 tablespoons of castor oil. As with any disorder, always consult your physician.

Gangrene

Gangrene is dead and rotten tissue after a bacterial infection. There is no blood flow to the tissue (since it is dead), so it is now open to infection. Gangrene responds well to the intuitive introduction of new tissue.

Gangrene-Intuitive remedies

Make the Command: "Creator, "show me." Clean up the gangrene and command the whole area to regenerate. See the old tissue pulled out and watch the new tissue come in.

Gonorrhea - See STDs.

Gonorrhea is a venereal disease best treated with antibiotics. Venereal diseases always deal with issues of worthiness.

Gonorrhea-Beliefs

- "I understand what it feels like to be loved by God."

Gout

Gout is a common type of arthritis that occurs when there is too much uric acid in the blood and muscle tissues. Uric acid is the end product of the metabolism of the class of chemicals known as purines. In people with gout, the body does not produce enough of the digestive enzyme uricase, which oxidizes relatively insoluble uric acid into a highly soluble compound.

As a result, uric acid accumulates in the blood and tissues, ultimately crystallizing. When it crystallizes, uric acid takes on a shape like that of a needle and like a needle jabs its way into the joints. It usually affects the big toe, but can affect the knees, wrist and even the fingers.

Acute pain and joint inflammation is usually the first symptoms. The affected area can be sensitive to touch. It generally affects men as opposed to women between the ages of 40 and 50. It may be inherited or brought on by alcohol abuse, certain medications, overeating, stress, surgery, or injury to a joint.

Gout-Belief Systems

The Belief Systems of gout are similar to those of arthritis. Fear of moving forward, guilt, sorrow and resentment. The pain of gout is making them feel that they have to be stubborn and fight you about everything you're trying to tell them. They do not want to change. They feel like they have to be right all the time. They feel that they have to carry everyone. How we work on gout is dependent upon where it is in the body. For instance, if the gout were in the knee we would work on issues of moving forward.

Gout-Intuitive Remedies

Witness a Healing. You may watch the instructions to the DNA change in the way that the body breaks down uric acid.

Gout-Supplements

- A person that develops gout should only eat raw fruits and vegetables for about two weeks. They should consider eliminating all meat and fried or rich foods from the diet for that time.
- No alcohol should be consumed, and avoid white flour.
- Avoid the amino acid glysine. Glysine can be converted into uric acid more rapidly in people who suffer from gout.
- Tart cherry juice breaks down uric acid.
- Bilberry.
- Devils claw.
- Yucca.

- Treatment with honey bee venom has provided relief for some gout sufferers.
- A deficiency in pantothenic acid (vitamin B5) produces excessive amounts of uric acid.
- Cortisone is commonly prescribed for relief of acute attacks, however this may put added strain on the adrenal glands.

Graves' Disease

Graves' disease is the most common form of hyperthyroidism. It occurs when your immune system mistakenly attacks your thyroid gland and causes it to overproduce the hormone thyroxine. The abnormal immune response can affect the tissue behind your eyes as well as parts of your skin. The higher thyroxine level in Graves' disease can greatly increase the body's metabolic rate, leading to a host of health problems. Graves' disease is rarely life-threatening. Although it may develop at any age and in either men or women, Graves' disease is more common in women and usually begins after age 20. Science believes that there's no way to stop the immune system from attacking the thyroid gland. However, treatments for Graves' disease can ease symptoms and decrease the production of thyroxine.

Graves' disease is caused by problems in the thyroid. This can be recognized by bulging eyes, loss of weight and hair loss. The tissue around the eyes will have to be rebuilt.

Graves' Disease-Intuitive Remedy

Ask the Creator how to repair the thyroid and witness it done. In many instances this can be an instantaneous Healing. Graves' seems to respond quickly to Healings. Refer to beliefs of the Thyroid.

Giardia

Giardia is a bacterium that is contracted through contaminated water and food. It can cause violent sickness, including vomiting and diarrhea.

Giardia-Supplements or Other Remedies

1 teaspoon of Listerine works well in an emergency. Take charcoal out of the fire, put it in water and drink it. Giardia responds and listens to the voice of Healing. If you are in an isolated area, a little charcoal from a camp fire mixed with water can settle the stomach.

Hair Loss

There are different things you can use for hair loss but I'm going to tell you a secret. Most hair loss is caused by parasites. I know that you are told that it's an over abundance of testosterone, but it is really not the testosterone itself. It's another hormone that is close to testosterone that creates male pattern baldness and they have found it through genetics. Conventional medicine contends that when men start to lose hair that it's genetic. But I've taken people who are almost completely bald and suggested liver and parasite cleanses. In many instances their hair grows back. Women who think that they have baldness is also generally caused by parasites. If you clean up the parasites the hair grows back. The other diseases that cause baldness are thyroid problems and graves disease.

Sudden hair loss can be caused by stress or can be from a reaction to a traumatic event that happened three months in the past.

If you have a thyroid problem and you start losing your hair, then there are other things that you might have to do. For most of the people who have a little bit of thyroid imbalances going on I might suggest they use Irish moss. Let them try it for a week. Their hair usually comes back. However, their Belief System might be as such that they have to go to the doctor to get on thyroid medication. In many instances the thyroid medication will stop them from losing their hair. If I was a woman with hair loss and I wanted my hair to come in beautiful, I would do a parasite cleanse.

Hair Loss Supplements-Remedies

- Liver cleanses.
- For hair that does not grow back thick after chemotherapy use Omega 3's.
- Alpha Lipoic Acid.
- Amino acids.
- Mineral complex.
- Noni is helpful to re-grow the hair.

Hantavirus

Hantavirus pulmonary syndrome (HPS) is a deadly disease from rodents. Humans can contract the disease when they come into contact with infected rodents or their urine and droppings. HPS was first recognized in 1993 and has since been identified throughout the United States. Although rare, HPS is potentially deadly.

Rodent control in and around the home remains the primary strategy for preventing hanta virus infection.

The virus goes into the cell and disrupts the plural membrane. The lungs fill with water, which seems like pneumonia to a doctor. Survivors are puffed up and look as though they have had Cushing disease. Don't sweep mouse droppings; use a wet towel with Clorox on it.

Hantavirus-Intuitive Remedy

Ask the Creator to "show me" and command it done. Witness it.

Hashimoto

Hashimoto Thyroiditis is a type of autoimmune thyroid disease in which the immune system attacks and destroys the thyroid gland. The thyroid helps set the rate of metabolism, which is the rate at which the body uses energy. Hashimoto stops the gland from making enough thyroid hormones for the body to work the way it should. It is the most common thyroid disease in the U.S.

Hashimoto Thyroiditis is caused by the body destroying its own thyroid and responds well to Healings.

See Hyperthyroidism

Headaches

A Headache is defined as pain in the head that is located above the eyes or the ears, behind the head or in the back of the upper neck. Headache, like chest pain or dizziness has many causes.

Headaches-Causes

There are two types of headaches: primary and secondary headaches.

Primary headaches are not associated with other diseases. Examples of primary headaches are migraine headaches, tension headaches and cluster headaches. Other causes of primary headaches are stress, tension, anxiety, eyestrain and muscle tension.

Tension headaches are the most common type of primary headache. As many as 90% of adults have had or will have tension headaches. Tension headaches are more common among women than men.

Migraine headaches are the second most common type of primary headache. An estimated 28 million people in the United States experience migraine headaches. Migraine headaches affect children as well as adults. Before puberty, boys and girls are affected equally by migraine headaches, but after puberty, more women than men are affected.

Secondary headaches are caused by an associated disease. The associated disease may be minor, serious or life threatening. Secondary headaches have many causes, ranging from serious and life threatening conditions such as brain tumors, strokes, meningitis and hemorrhages, to less serious but common conditions such as withdrawal from caffeine and discontinuation of analgesics. Other possibilities to consider are anemia, brain disorders, hypertension, hypoglycemia, sinusitis, spinal misalignment and constipation.

Headaches-Reactions

Headaches can also be a sign of an underlying health problem, or allergy. People who suffer from frequent headaches may be reacting to certain foods and food additives such as wheat, chocolate, monosodium glutamate, sulfates, sugar, hot dogs, luncheon meats, dairy products, nuts, citric acid, fermented foods, alcohol and or marinated foods. Other types of headaches are caused by nutritional deficiencies, alcohol use, exposure to pollution, perfume, or other kinds of toxins.

Headaches- Other Types

Arthritis Headache

The pain is caused by inflammation of joints at shoulder and or the neck. Feverfew supplement is good but feverfew should not be used during pregnancy.

Beliefs to clear the headache are associated with arthritis.

Arthritis Headache-Arthritis Beliefs

- I always have to be right.
- I fear having to depend on other people.
- I am always right.
- I fear change.
- I resent everything.
- I can listen to the words of another without rejection.

Arthritis Headache-Arthritis Feelings

- Feelings of guilt.
- Feelings of fear.
- Feelings of resentment.

Bilious Headache

A bilious headache has dull pain in the forehead and throbbing in the temples. This kind of headache is caused by indigestion and lack of exercise. A Colon cleanse and a coffee enema can alleviate the problem.

Caffeine Headache

Caused by caffeine withdrawals because of blood vessels that have been dilated. The best treatment is to taper off from caffeine slowly.

Cluster Headache

This kind of headache causes severe throbbing pain on one side of the head, causing flushing, tearing of the eyes, nasal congestion and can occur one to three times a day for weeks and months. This is one of the most painful of headaches. Some of the causes are alcohol and smoking. In many instances, it is only relieved by sleep.

It is suggested to use the supplement L tyrosine. Do not use L tyrosine if you are taking an MAO inhibitor drug. The Stanley Burrows light therapy using blue light can help with cluster headaches.

Cluster Headache-Belief Systems-Intuitive Remedies

Go back in the person's timeline to find out where the cluster headaches began and work on the associated Beliefs. Clean up all "Free-floating memories" and use the "Baby in the womb exercise."

Exertion Headache

A headache caused by physical exertion. They are usually related to migraine or cluster headaches. Go into the person's space and ask the Creator what is causing the headache. If it is a serious problem, give the person a Healing and suggest the person gets a check-up with their doctor. If it is not a problem, give the person a Healing and witness the headache being released.

Hangover Headache

A hangover headache has a migraine-like throbbing pain accompanied with nausea.

It is caused by alcohol dehydration and dilation of blood vessels in the brain. The person should drink plenty of water, take a B complex to supplement and apply ice to the neck.

Give the person a Healing.

Hunger Headache

This headache is because of low blood sugar, muscle tension and rebound dilation of blood vessels. The cause is an inadequate diet. The person should eat regular meals with adequate amounts of complex carbohydrates. Have the person checked for hypoglycemia and suggest that they alter their diet.

Hypertension Headache

This headache causes generalized pain over a large area of the head and is aggravated by movement or exertion. The cause is severe high blood pressure. The person should get their blood pressure under control.

Migraine-Classic

A classic migraine is similar to a common migraine, but it is preceded by visual disturbances, numbness in the arms and legs, smelling of strange odors, or hallucinations.

It is caused by excessive dilation or contraction of blood vessels of the brain.

Migraine-Common

A common migraine has severe throbbing pain come along one side of the head accompanied by nausea, vomiting, cold hands, dizziness and sensitivity to light and sound. The cause is the same as a classic migraine. Belief systems associated with migraines have to do with the blood and the digestive system. Much of the Programs will be associated with old abuse, stress and being unloved.

Sinus Headache

A sinus headache has a gnawing, nagging pain over the nasal sinus area often increasing in severity as the day goes by. There may be a fever and discolored mucus.

The cause can be allergies, infection, nasal polyps or food allergies. Blocked sinuses or an infection can cause the headache. The person should increase the intake of vitamins A and C and use moist heat to help get the sinuses to drain.

Belief Systems for the sinuses are associated with being irritated with someone in your life.

Temporal Headache

A temporal headache has a jabbing and burning pain in the temple or around the ear when chewing. There can be associated weight loss and problems with the eyesight. If left untreated, it can lead to blindness, stroke, heart attack, or a tear in the aorta. It is caused by the inflammation of temporal arteries. Conventional medicine uses steroid therapies. Use Digging and Belief Work to find the cause.

Tension Headaches

Tension headaches are a constant pain in one area or all over the head, with sore muscles and associated trigger points in the neck and upper back. It causes lightheadedness and dizziness. This is the most common type of headache. The causes are emotional stress, anxiety, worry, depression, anger, food allergies, poor posture and shallow breathing. Bromelain, magnesium, primrose and ginger usually relieve this condition.

Tumor Headaches

A tumor headache has progressively worsening pain with problems in vision, speech, equilibrium and personality changes. Go into the person's space and shrink the tumor.

Vascular Headaches

Vascular headaches cause a throbbing on one side of the head, sensitivity to light and often associated nausea. They are related to cluster headaches and migraines. The causes are disturbances in the blood vessels. Remain calm to lower the blood pressure. See Blood Pressure Remedies.

Headaches-Intuitive Remedies

Check to see if the spine is straight and that the person's hormones are balanced, as estrogen levels may be off, which could be caused by birth control pills. Ask if the person was in the military. Check for way-wards. Vessel dilation in the brain can be a problem due to improper blood flow. There could be possible parasites. Ask the Creator to show you the problem.

Headaches-Supplements for Primary Headaches

Depending upon the cause of the headache, it is suggested to use:

- Calcium-magnesium.
- COQ10.
- D-Phenylalanine.
- Hydroxy.
- Tryptophan.
- L tyrosine.
- L glutamine.

For Cluster Headaches

- Potassium.
- Vitamin B complex.
- Vitamin C.
- Vitamin E.

Results will vary according to the underlying cause of the headache.

Headaches-Herbs-Primary Headaches

- Cayenne clears the blood and reduces pain and allows blood flow.
- Chamomile tea relaxes the muscles.
- Ginger, peppermint and wintergreen oil rubbed on the neck and temples can relieve headaches.
- Guarana is used for cluster headaches.
- Skullcap as an anti-spasmodic agent and has sedative effects.
- Goji juice is helpful to get rid of headaches.

Headaches-Supplements or Other Remedies

- For primary headaches, clean the intestinal tract with intestinal cleanses.
- Organic coffee enemas can be used to relieve pain.
- Use parasite cleanses and start the Alkaline Diet.

Healing Addiction

It has been my experience that some people create sickness to get attention, nurturing and love. They become dependent on the healer and are afraid that they will die without them. There have been times when I have considered refusing Readings and Healings on someone, because they expected me to live their life for them. The trick is to give them back their own power, a power that they may never have known.

There are endorphins that are released into the system of the client each time they experience a Reading or Healing and this may be why they come back. By the same token, I am careful to honor everyone who comes to be worked on, even when I do not agree with why they came to me.

Healers/Psychics

Healers should look for people that are of like mind to be with in partnerships. Healers will stay in relationships to allow their partner time to change.

There are many minerals used up by the healer when they are doing intuitive work. Make sure to keep up on vitamins and minerals.

With some people that are intuitive, scans of the brain show shadows that can be seen on the frontal lobes. This is due to the high frequency electrical currents caused by intuitive activity. This is one of the places that psychic ability is in the brain. Healers may be prone to asthma and adrenal problems, because they overwork themselves. The healer should regularly pull any resentment Programs.

Touch and love are very important parts of Healing. The healer opens people's heart chakra and then works on their issues. Exchange is important. Take regular salt baths to cleans from overwhelming emotions and make a psychic break from clients.

Healers/Psychics-Downloads

- I know what it feels like to live without taking on other people's issues.
- I know what it feels like to live without taking on people's emotions.
- I know what it feels like to live without taking on other people's curses.
- I know what it feels like to live without taking on other people's Programs and Beliefs.
- I know what it feels like to live without taking on people sickness.
- I know how to convert sickness, emotions, Programs and Beliefs into love and light, sent to the Creator and returned to me.
- I know what it feels like to be of service to others and be appreciated for it.
- I know how to be of service without being taken advantage of.
- I know how to permit others to know they are important to the Creator.
- I know what it feels like to be at peace with myself.
- I know what it feels like to enjoy the breath of life.
- I know what it feels like to enjoy every moment.
- I know what it feels like to be connected with everything, always.
- I know what it feels like to discern between the feelings of others and my own.
- I know how to work with others in the highest and best way.
- I know how to accept others for the way they are.
- I know how to live my life in acceptance without resenting others.
- I know what it feels like to live my life without the negative thoughts of others affecting my life.
- The most important thing in my life is my connection to the Creator.
- I know how to tap into the Creator of All That Is of the Seventh Plane of Existence easily and effortlessly.
- I know how to stand in my truth.
- I know how to have accountability with my words.
- I know how to live my life without unreasonable fear.
- I know how to create a kingdom of heaven within myself.
- I know how to create a heaven on earth.
- I know what it feels like to appreciate and love people that are close to me.
- I know it is possible to have peace, happiness and joy without being bored.
- I know it is possible to use my experiences with wisdom.
- I know it is possible to be thankful for every experience in my life.

Heart Diseases - see Cardiovascular Diseases

Hearing

The ears are in charge of collecting sounds, processing them, sending sound signals to the brain and also help to keep equilibrium and balance. The human ear consists of three sections: the outer ear, the middle ear and the inner ear. The outer ear includes the auricle (pinna), the visible part of the ear that is attached to the side of the head and the waxy, dirt trapping auditory canal. The tympanic membrane (eardrum) separates the external ear from the malleus (hammer), the incus (anvil) and the stapes (stirrup). The cochlea and semicircular canals make up the inner ear.

Hearing-Listening to the Divine

Are you keeping what you hear sacred? Do you understand what sacredness is? Do you understand what it feels like to be sacred? When someone comes to you and tells you something confidential, it is your responsibility to keep what they say sacred and to yourself. This will give you credibility with all your clients.

Do you hear what you should? The ears are an important processor for intuitive information. As a healer, you must develop the ability to hear and perceive the truth. As the healer, you should listen for the person's truth. Set aside your own truth. Listen to the highest truth from the Creator of All That Is. Be clear in your thoughts and make sure the person that you work with understands what you are saying.

Do you have any blocks on hearing other people? Do you accurately perceive another's highest and best? Teach yourself and others the Creator's definition of what it is to hear the highest truth.

Hearing-The Ears

When you heal the ear, tell the damaged portion to regenerate. Tell the ear that it is young again and then witness the re-growth of the follicles or damaged portion. Some people have the Belief that because their family has deafness, so too will they. Many people have ongoing infections in the ear without even knowing it. When the person has problems with complications from a past infection, go in and witness the Creator pull the memory of the infection and send it to the Creators light to permit them to heal.

Hearing-Belief-Programs-Downloads for the Ear

- Programs of honesty.
- I know how to respect another person's space and what they feel as truth.

- I know how to recognize another persons truth.
- I know how to respect another persons' truth and still hold my own truth.
- I understand how to hear truth.
- I know how to live in my own truth.
- I understand what sacredness is.
- I know how to hear God's truth.
- I know how to accept God's truth.
- I understand what it feels like to be sacred.
- I am listened to.
- I know how to live in my own truth.
- I have the Creator's definition of being able to listen.

Hearing Impairments-Deafness

Deafness is the complete loss of the ability to hear from one or both ears. Deafness may be inherited, caused by complications at birth, certain infectious diseases, such as meningitis, use of ototoxic drugs and exposure to excessive noise. Around half of all deafness and hearing impairment can be prevented.

Hearing Impairment is defined by a partial impairment in hearing, whether permanent or fluctuating, that affects hearing performance.

Deafness is defined as a hearing impairment so severe that the person is impaired in their hearing ability with or without amplification.

There are three types of hearing loss. Conductive hearing losses are caused by diseases or obstructions in the outer or middle ear (the conduction pathways for sound to reach the inner ear). Conductive hearing losses usually affect all frequencies of hearing evenly and do not result in severe losses. A person with a conductive hearing loss usually is able to use a hearing aid or can be helped medically or surgically.

Sensorineural hearing losses result from damage to the delicate sensory hair cells of the inner ear or the nerves which supply it. These hearing losses can range from mild to profound. They often affect the person's ability to hear certain frequencies more than others. Thus, even with amplification to increase the sound level, a person with a sensorineural hearing loss may perceive distorted sounds, sometimes making the successful use of a hearing aid impossible.

A mixed hearing loss refers to a combination of conductive and sensorineural loss and means that a problem occurs in both the outer or middle and the inner ear. A central hearing loss results from damage or impairment to the nerves or nuclei of the central nervous system, either in the pathways to the brain or in the brain itself.

Hearing Impairment-The Causes

With deafness and hearing impairment, the first thing to do is to find the cause. The cause could be caused by any number of problems or a combination of different things.

Causes in children:

- Otitis media, an inflammation in the middle ear that causes damage to the delicate parts of the middle ear.
- Genetic Factors passed down from the parents.
- Acquired hearing loss caused by any number of infections and exposure to loud noise.

Hearing loss in adults has many causes such as disease or infection, ototoxic drugs, exposure to noise, tumors, trauma and the aging process. This loss may or may not be accompanied by tinnitus, (ringing in the ears).

Hearing loss can be caused by certain prescription medications including antibiotics, non-steroid-anti-inflammatory drugs, aspirin taken over a long period time, quinine and viral infection of the inner ear, not to mention wax build-up.

If hearing loss develops gradually, the individual experiencing it may be unaware of it until it reaches an advanced stage. Generally, the family and friends notice a hearing loss in an individual before the individual does.

One third of people over the age of 65 have problems with their hearing. Age seems to be a major factor in the loss of the ability to hear the full range of frequencies in everyday communication.

With the advent of the industrial age, an increasing problem with "noise pollution" has caused many individuals to have hearing loss. If you have ever walked away from a concert, or worksite with a loud buzzing in your ears, you have experienced what is called temporary threshold shift. When this condition happens, overnight rest usually restores normal hearing but this is a sign that damage has occurred to the hair cells in your inner ear. If this type of damage is repeated, permanent threshold shift is the result.

Researchers have ascertained that constant loud noise can impair your vision, make you impotent, give you heart disease, as well as causing other health problems.

Hearing Impairments-Intuitive Insights

The ear is an incredible biological transducer of sound waves. When you intuitively heal the ear it is useful to understand the working parts of the middle ear that consist of the Eardrum, Hammer, Anvil and the Stirrup; and the parts of the Inner Ear consisting of the Cochlea, Auditory Nerve and the Eustachian Tube. Knowing the different parts will assist you when you witness the Creator heal any of these parts that are damaged.

It is important to witness the full reconstruction of the damaged parts. For instance, if it is the eardrum that has damage, you will see what looks like little hairs start to pop up to receive sound. Continue to witness this process until the ear drum is fully reconstructed. Sometimes deafness is caused by scar tissue and when the scar tissue pulls away, you can witness the ear reconstruct itself. It is important that if you do not understand the way the ear is constructed, you can command it being done by going in and looking at your own ear. If a child has never heard before and he/she is over twelve years of age, it is very likely that they will not be able to speak. This is because the receptors that teach speech patterns have died away by the time they're eight to twelve years old. In the instance of a deaf child it is very important to command that the receptors that were there at birth, be gathered again and reconditioned. Command that the fetal memory repair the damage.

If children do not learn how to hear before they are ten years old, the cells that teach the brain how to hear will be gone. If this is the case, the child will have a difficult time learning to speak. Conventional theories say that if a child is deaf from birth and they do not learn to speak by the time they are ten years old they will never learn how. I say, "Never say never to the Creator".

When working with children with hearing disabilities, always go up and ask the Creator to correct the hearing and to awaken the cells that teach the brain how to hear.

When working with an adult, watch the Creator take the cells back to the fetal memory and create new cells that learn to hear. In the fetus, the stem cells will become any cells that the brain needs.

Mature people have a tendency to conveniently "tune out" the world around them because they don't want to hear things that will hurt them. Sometimes they don't give the other people in their life a chance to be heard. This occurs in very stubborn, headstrong people and they will actually create their own hearing loss.

The Ears are related to the kidneys. When you work on ears, you will likely end up working on the kidneys as well.

Fetal cells are so intelligent that they will create only what the body needs. Doctors can take a fetal cell out of the heart of a fetus and a fetal cell out a part of another organ and change them around. These cells will actually become the cells of the new organ. The fetal cells know the correct repair to make what the body needs. This is why some children are able to grow back limbs that were lost; they don't know that they can't. There are many documented cases where children have actually grown back hands and arms in situations where they have lost them.

Hearing-Intuitive Remedy

Hearing loss and deafness occur when the brain or the ears have lost the cells that are needed to permit the ear to function. Teach the brain how to hear again and break the person into the world of sound gently.

Hearing-Healing the Ears

When you heal the ear, tell the damaged portion to regenerate. Tell the ear that it is young again and then witness the re-growth of the follicles or damaged portion. Command the hearing to be as a 25 yr old.

Many people have ongoing infections in the ear without even knowing it. When the person has problems with complications from a past infection, go in and watch the Creator pull off the memory of the infection and witness it sent to God's light to permit them to heal.

Hearing Loss-Deafness-Belief Work

Some people have the Belief that they will become deaf because their family has deafness. The most prevalent Belief System I see associated with hearing impairment is "I'm afraid to hear what's going on." Follow the fear to the bottom beliefs and download the feeling and knowing associated with hearing. This alone can improve the hearing.

Hearing Loss-Deafness-Beliefs-Downloads

- I am afraid to hear.
- I know what it feels like to hear the joy around me.
- My hearing gets stronger and better every day.
- I can hear the wind through the trees.
- I can hear the voice of God, the voice of creation.
- I know what it feels like to get close to God without giving up my hearing.
- I know what it feels like to live without feeling that I will lose my hearing with age.
- I know what it feels like to know my hearing is getting stronger each day.
- My body is strong.

- I know how to hear and perceive the truth.
- I can hear birds singing.
- I know what it feels like to hear without feeling overwhelmed.
- I know what it feels like to hear my wife without it driving me crazy.
- I know what it feels like to hear my husband without it driving me crazy.
- I know what it feels like to hear others without it driving me crazy.
- I know how to live without "tuning out" the world.
- I am free to hear.
- I am free to make good decisions.
- I know how to live without having hearing loss.

Hearing Loss-Diseases of the Ear

- Tinnitus.
- Staph.
- Bacteria and viruses.
- Past infections.
- Wax.

The Heart and Circulatory System

Heart and Circulatory-The Need for Love

An experiment was done to find the effect of stress on living organisms. In the experiment, a dog was the test subject. The dog was given love from its master and good nutrients. Then the dog was taken away from its master's love, ignored and left alone. The dog developed leukemia. What was interesting about the experiment was that when the dog was given back to its master's love, it got better. The heart, blood and circulatory system react to love in a positive fashion, but can also react to negative influences with disease or dysfunction. If you cannot receive love, you have problems in the circulatory system. When the circulatory system has a challenge, you work with the way people receive feelings and thought forms. The more unbalanced a person is, the more they misjudge what is going on in their lives. If someone is angry about something, the unbalanced person might misjudge the feeling and take it personally.

The whole system is about the ability to absorb foods, absorb thoughts and absorb feelings that are helpful to the body. Happiness, anger and sorrow serve you if they are in balance. Too much anger doesn't serve you, because you cannot absorb love if you are too angry. Teach the person how to live in joy. They will accept things differently.

Heart and Circulatory-The Heart

You are affected by the thoughts of the people around you. The company you keep is one of the most important things you can do for your heart. The person that you are with should have a matching vibration to your own. Communication with this person is important. You might be with your soul mate and not know it, because you do not communicate with them. Work with the blood and heart to learn how to communicate. If you dwell on negative thoughts, it will drain your body and create what you dwell on, such as a heart attack.

Heart and Circulatory-Heart Attacks

Heart attacks always relate to not receiving love. People with heart problems are snappy and unaware that they are cross towards other people. If someone has had a bypass surgery, it is typical for them to be short tempered. After a heart attack, the person is supposed to live with less of the heart's pumping capacity because of damage to the heart. This condition can cause people to create Programs relating to the people around them. The heart cells live as long as the body functions and they do not regenerate unless you use theta work to re-create them.

Heart and Circulatory-Programs of the Heart

- I understand the Creator's definition of what it feels like to be nurtured.
- I have the Creator's definition of how to nurture myself.

Everyone perceives you differently. The way in which we perceive ourselves is reflected to other people. People are seeing you in the way you perceive yourself. How are people seeing you? How do people perceive you? Do you feel listened to? Do the people you come in contact with feel important? When they are in front of you, they should be the most important person in the world. The love, attention and compassion you give to others are the most important aspects of being a healer. Do you know how to love yourself and receive love back? How you are able to interact and communicate with others is an important aspect in anyone's life.

Heart and Circulatory-Emotions of Circulatory System

Anger

Since blood goes through all the bodily systems, all the emotions come into play in the Circulatory System. Seen intuitively, the blood cells should act and feel happy, not angry or stubborn.

Heart and Circulatory-The Broken Heart

When in a Reading, the energy of a broken heart may come up. If the heart has been broken long enough, it will begin to show in the physical body by a slow, sluggish, irregular heartbeat and poor circulation. In the case of a true physical broken heart, the heart explodes, causing the person to bleed out of every pore.

Heart and Circulatory-Programs of the Circulatory System

Make sure you know how to receive and accept love and nurturing from another or from the Creator of All That Is. Healers often have issues with the blood because they give to others all the time and do not nurture themselves. Because of this, the spleen can sometimes become tired and the blood becomes sluggish.

Heart and Circulatory-Issues Carried in the Blood and Arteries

- Poor blood flow causes poor self-nurturing abilities.
- Poor blood flow causes inabilities to receive, accept and give love.
- Poor blood flow causes difficulties to "go with the flow of life." For this reason, poor blood flow may cause "fear" of life.
- Communication with others.
- Self-perception.
- The veins constrict when there is untruth.
- Some people may think that the world owes them or people in their lives owe them. This may cause anger.

For other information on the circulatory system see cardiovascular diseases

Heartburn-Gastroesophageal Reflux Disease

Heartburn is explained as a burning sensation and pain in the stomach and/or chest behind the breastbone. It may be accompanied by bloating, gas, shortness of breath and a sour taste in the mouth. 60 million Americans suffer from heartburn. It often occurs when hydrochloric acid (which is used by the stomach to digest food) backs up into the esophagus causing sensitive tissues to become irritated. Under normal conditions the esophageal sphincter muscle pinches itself off and prevents the stomach acid from surging upward. However, if the sphincter is not functioning properly, the acid can slip past it into the esophagus. Acid reflux disease can burn a hole directly through the esophagus if left unchecked.

Antacids will give you relief, but they will mask an underlying problem. Some antacids contain aluminum which is not beneficial, because aluminum is associated with Alzheimer's. Some of the harmful agents that are in antacids are:

- Aluminum salts and gels: AlternaGEL, Amphojel
- Aluminum magnesium mixtures: Aludrox, Die gel, Gaviscon, Gelusil, Maalox, Mylanta and Riopan.
- Calcium carbonate: Alka-Mints, "Chooz," Titralac, Tums.

- Calcium magnesium mixtures-Rolaids.
- Magnesium salts or gels: Phillips milk of Magnesia.
- Sodium bicarbonate: Alka-Seltzer and Bromo seltzer.

Heartburn-Supplements-Remedies

- People with this disorder should not eat their food too quickly.
- At the first sign of heartburn, the recommendation is to drink a large glass of water.
- Raw potato juice helps.
- Drink a glass of celery and carrot juice a day.
- Smaller meals four or five times a day and a change in the eating habits; less fried foods and more fresh vegetables.
- One tablespoon of apple cider vinegar mixed with water a day.
- Avoid carbonated drinks, fried foods, peppermint, spearmint, tobacco, caffeine, or spicy foods.

Heartburn-Supplements

- Bromelain.
- Probiotics.
- Vitamin B.
- Magnesium-calcium.
- MSM.
- Aloe vera juice helps in soothing the intestinal tract.
- Chamomile tea is helpful with acid reflux.
- Catnip, fennel, ginger and marshmallow in a mixture helps to heal the problem.

Heartburn-Belief Systems

- Feeling overwhelmed easily: "I am overwhelmed."
- Overstressed: "I am always stressed."
- Always in a hurry: "I can never slow down."
- Always having to accomplish a great goal: "I can never do enough."
- Never living in the moment and never enjoying now: "I understand what it feels like to live in the now." Not living in the now goes against permitting your digestive system to do its job.
- Too busy, with too much to do: "I am too busy" or "I have too much to do."

Heavy Metals

The body is made up of heavy metals, such as zinc, calcium and magnesium; but some metals are not meant for the human body, such as aluminum and mercury. These heavy metals are poisonous and may be the source of many sicknesses in the body. For the person with heavy metal poisoning, it is suggested to use something to gently clear the body.

Calcium, magnesium, zinc, Alpha Lipoic Acid (ALA), Omega 3s, COQ10, blue-green algae and lots of greens have been found to take unwanted heavy metals out of the body. Clean the body by asking the Creator how to clear them in the highest and best way. When you detoxify from heavy metals, you pull out old memories attached to them. These feelings will manifest themselves in the emotions of the person that is cleansing.

Viruses and bacteria are drawn to heavy metals because of the weakness that they cause in the body. Weakness in the body creates negative programs. Heavy metals cause the person to have more negative programs, and this is what the viruses and bacteria are drawn to. Many people absorb heavy metals based on their Feelings and Programs.

Mercury seems to be absorbed by unsuspecting victims; those that are very naïve and innocent. These people are more easily taken advantage of than other people. They are unaware that they are being taken advantage of by their friends and family.

Lead is absorbed more in children. Lead is as easily absorbed as calcium; the same receptors that absorb calcium will just as easily absorb lead. As with mercury, lead is also absorbed by the innocent and unsuspecting. The kinds of children that readily absorb heavy metals do not have the proper emotional structure in their family life. Generally, they have a lack of vitamins and proper minerals.

Manganese can be in well water and comes from pesticides and herbicides. Manganese, like its counterparts, is more readily absorbed in those that have more anger and stress around them. I believe that these emotions draw the heavy metals to the person.

Heavy Metals-Intuitive Remedies

A good way to release the heavy metals from the body is to teach the person that they have a good emotional foundation and they have emotional structure. In many people, an over abundance of mercury blocks the intuitive abilities. I also believe that many learning disabilities are due to heavy metal poisoning.

The healer should not command all heavy metals from the body to be gone since we are made of heavy metals, such as calcium and zinc. They are a vital part of our molecular structure. It is best to ask the Creator of All That Is what to do, since everyone is different and toxins should be pulled out of the body at a rate tailored to the individual. If you are in a person's space doing a body scan and you see shiny flecks in their body, it may mean that they have heavy metals.

Heavy Metals-Possible Problems

- Aluminum: Aluminum can be a cause of the diseases Alzheimer's and Parkinson's.
- Fluoride: Fluoride makes a person age quicker and leaves deposits in the body.
- Iron: Too much naturally oxidizes in the body. High levels are poisonous.
- Lead: Causes depression, insanity, cancer and immunological diseases.
- Manganese: Manganese is needed to regulate sugars in the body, but too much can make you go crazy. Psychopathic killers have very high levels in their brain.
- Mercury: Mercury makes you depressed and it can cause many cancers. It may bind to other heavy metals in the body. Ask the Creator of All That Is to show it to you. Any amount is poisonous. Selenium, coriander or pectin pulls out mercury from the body. These substances bind to the mercury in amalgam fillings and leech out mercury from the fillings. For this reason, it is suggested to take out amalgam fillings first, then do the cleansing.
- Silver: Naturally oxidizes in the body. High levels are poisonous. Over use of colloidal silver will turn the skin blue.

Heavy metals: To get unwanted toxic heavy metals out of the body take calcium, magnesium, zinc, ALA, Omega 3, COQ10 and lots of greens. Clean the body by asking God how to clear them in the highest and best way. When you detoxify from heavy metals, you pull out old memories attached to them, for these feelings do Belief Work.

Refer to Lead poisoning for more info.

Heel and Bone Spurs

The heel bone is the largest bone in the foot. It absorbs most of the shock and pressure from walking and running. A heel spur develops as an abnormal growth of the heel bone. Calcium deposits form when the plantar fascia pulls away from the heel area, causing a bony protrusion and a "heel spur" develops. The plantar fascia is a broad band of fibrous tissue located along the bottom surface of the foot that runs from the

heel to the forefoot. Heel spurs can cause extreme pain in the rear-foot, especially while standing or walking. Calcium deposits are formed as the body's way of protecting itself.

Heel spurs develop due to calcium deposits that form when the plantar fascia pulls away from the heel. This stretching of the plantar fascia is usually the result of flat feet but people with unusually high arches can also develop heel spurs. Women have a significantly higher incidence of heel spurs due to the types of footwear they wear. Both spurs can also be caused by physical injury, obesity, gout, lupus, muscle inflammation and nerve problems. Heel spurs are also common in people who have arthritis, neuritis and tendinitis.

Heel and Bone Spurs-Prevention

The key for the proper treatment of heel spurs and tendinitis is determining what the cause of the excessive stretching of the plantar fascia. When the cause is flat feet, an orthotic with rear-foot posting and longitudinal arch support is an effective device to reduce the over-pronation and allows the condition to heal. Other common treatments include stretching exercises, losing weight, wearing shoes that have a cushioned heel that absorbs shock and elevating the heel with the use of a heel cradle, heel cup, or orthotic. Heel cradles and heel cups provide extra comfort and cushion to the heel and reduce the amount of shock and shear forces experienced from everyday activities.

Heel and Bone Spurs-Intuitive Remedies

I have had an extensive amount of people coming to me for bone spurs. Usually, all I have to suggest they use is a very good calcium-magnesium mixture (such as Usana) and then I witness a simple Healing. It usually does not take more than just a quick Healing to alleviate the problem of a bone spur.

Heel and Bone Spurs-The Healing

Go into the person's space and witness the calcium deposit being dissolved and absorbed by the body to be used for another purpose.

Heel and Bone Spurs-Supplements

- Vitamin C, vitamin B
- Usana calcium-magnesium

Hemophilia

Hemophilia is a rare bleeding disorder that prevents the blood from clotting properly. One in every 5,000 boys is born with hemophilia; girls are more rarely affected by this genetic condition linked to gender. A male cannot pass the gene for hemophilia to his sons, though all his daughters will be carriers of the disease gene. Each male child of a female carrier has a 50% chance of having hemophilia. Human blood contains special proteins known as clotting factors. Identified by Roman numerals, clotting factors help stop bleeding and allow a blood vessel to heal after an injury. The last step in the clotting process is the creation of a "net" that closes the torn blood vessel and stops bleeding. This part of the process involves clotting factors VIII and IX. People with hemophilia are deficient in one of those factors due to their abnormal genes and as a result, their blood cannot clot properly.

Hemophilia A, also known as factor VIII deficiency, is the cause of about 80% of cases.

Hemophilia B, which makes up the majority of the remaining 20% of cases, is a deficiency of factor IX. Patients are classified as mild, moderate, or severe based on the amount of factor present in the blood. A patient whose blood tests suggest severe hemophilia will usually bleed frequently, whereas another patient with a milder form will usually bleed only rarely. The symptoms of hemophilia vary, depending on severity of the factor deficiency and the location of the bleeding. Very few babies are diagnosed with hemophilia because they are unlikely to sustain a wound that would lead to bleeding.

Hemophilia-Intuitive Remedies

For those people that I have worked on that have hemophilia, the Gene Work has had good results. Witness the Creator make changes in the Genes.

Hemophilia-Belief Work

- Issues of communication.
- Self-perception.

Hemorrhoids

Hemorrhoids are inflamed, painful veins in the rectum. Hemorrhoids develop from two different places.

There are two sets of veins that drain the blood from the lower rectum and anus. The internal veins can become swollen to form internal hemorrhoids. Internal hemor-

rhoids, unless they are severe, cannot be seen or felt, unlike external hemorrhoids.

Similarly, the external veins can swell to form external hemorrhoids. External hemorrhoids can be seen around the outside of the anus. They are not tumors or growths.

A prolapsed hemorrhoid is an internal hemorrhoid that collapses and protrudes outside the anus, often accompanied by mucous discharge and heavy bleeding. Prolapsed hemorrhoids can become thrombosed, which means that they form clots that prevent them from receding.

Hemorrhoids are associated with constipation and straining at bowel movements. They can also be associated with pregnancy. It is considered that these conditions lead to increased pressure in the hemorrhoid veins, causing them to swell. Liver disease can also cause increased pressure in the veins and can also cause hemorrhoids.

Hemorrhoids are very common and over one third of the population in America develop hemorrhoids. The most common symptoms of hemorrhoids include itching, burning, pain, inflammation, swelling, irritation and seepage.

Hemorrhoids-Beliefs

The person should consider using a liver cleanse. Since hemorrhoids are part of the digestive tract and are usually made worse by constipation and diarrhea, Belief Systems will pertain to the digestive system such as anger, resentment, fear, guilt, old abuse and abilities to accept love.

Hemorrhoids-Supplements

- COQ10.
- Shark cartilage.
- Vitamin C.
- Vitamin E.
- Vitamin A.
- Drinking Aloe Vera jell.
- Liver cleanse using ALA and Cleanse & Build from Lidtke. Cleaning the liver is the key to helping hemorrhoids. Some things that help the liver are the vegetable juices from carrots, beets and celery.
- Drink plenty of water, avoid fatty foods and use one tablespoon of flax seed oil a day.

Hepatitis

The liver is one of the body's powerhouses. It helps process nutrients and metabolizes medication. The liver also helps clear the body of toxic waste products. The word hepatitis means an inflammation of the liver and it can be caused by one of many things - including a bacterial infection, liver injury caused by a toxin (poison) and even an attack on the liver by the body's own immune system. Although there are several forms of hepatitis, the condition is usually caused by one of three viruses: hepatitis A, hepatitis B, or hepatitis C virus. Some hepatitis viruses can mutate, which means they can change over time and can be difficult for the body to fight. In some cases, hepatitis B or C can destroy the liver. The patient may need a liver transplant to survive, which is not always available or successful.

Hepatitis A is known as a infectious hepatitis and is easily spread through person-to-person contact, through contaminated food, water and even raw shellfish.

Hepatitis B is referred to as serum hepatitis and is spread through contact with infected blood. It is contracted through sexual activity and blood transfusions.

Hepatitis C is the most serious form of hepatitis. It is estimated that 5 million Americans are infected with hepatitis C virus. This disease is the primary reason for liver transplants in this country. Hepatitis C is four times more prevalent than AIDS and 20 times easier to catch. About 85% of infections lead to chronic liver disease. People with hepatitis C have elevated levels of iron in the liver. Elevated levels of iron in the liver cause severe damage. 7% of the current hepatitis C cases are acquired as a result of blood transfusions. The incidence of hepatitis C infection from blood transfusions or the use of blood products has decreased since 1992 when proper screening was introduced. The most common means of hepatitis C transmission after blood transfusions are from sharing needles, intravenous drug use and sexual contact. Hepatitis C can also be transmitted from mother to child during childbirth.

Hepatitis D or Delta hepatitis occurs in some people already infected with hepatitis B. It is the least common of all the hepatitis viruses, but the most serious because there are two types of hepatitis working together. It can be transmitted through sexual contact or from a mother to child at birth.

Hepatitis E is rare in the United States but is more common in other parts of the world. It is usually spread through fecal contamination and appears to be dangerous for pregnant women but generally does not lead to chronic hepatitis.

Toxic hepatitis develops because of exposure to certain toxins or alcohol and drug use; including the overuse of over-the-counter medications such as acetaminophen or ibuprofen.

Hepatitis-Symptoms

The symptoms of hepatitis include fever, weakness, nausea, vomiting, headache, appetite loss, muscle aches, joint pains, drowsiness, dark urine, light-colored stools, abdominal discomfort and jaundice. The more liver damage that was done to the person the more erratic personality. This disorder causes the person to be moody and aggressive.

Hepatitis-The Healing

We have experienced very good results with hepatitis. Hepatitis C is one of the friendliest viruses that you will ever meet. When you go in and make first contact with hepatitis, it is polite and it sends thought forms like "please" and "thank you." It is happy to communicate with you and when you tell the virus it is bad for the body it says things like "whoops, I'm sorry!" It is sweet, kind, appreciative, adorable, it talks to you, it visits with you, it is polite and it has good manners. While this might seem bizarre, it is true.

To heal Hepatitis, make the command that it is gone, now. Most of the Healings that are done on hepatitis C are instantaneous Healings. This is done by contacting the virus and telling the virus it is bad for the body. In most instances, the virus simply leaves by changing to a form that is harmless to the body. As I witness this process, the Hepatitis is cleared.

Hepatitis-Belief Work

There are only a few people that I have worked on that had Hepatitis that didn't clear immediately. They had anger issues that needed to be released with Belief Work. In instances where the virus does not leave immediately, it is likely that the person has contracted the disease through shared needles in drug abuse. This generally means that the person needs Belief Work pertaining to worthiness and domination issues.

If the person contracted the disease through drug abuse, then they need to work on the Belief Systems that they had during the time they were using the drugs. Certain Belief Systems that the person had when they first contracted the disease will not be apparent in their life in the present. This is why it is important to do Digging Work to find the root Beliefs from the time that the disease was contracted.

Hepatitis-Beliefs

Hepatitis C is about nurturing issues. It projects to the host the thoughts of "It's okay," and "I'm incurable." (The person then thinks that consciousness is their own).

Hepatitis-Associated Downloads

- I know how to take care of myself.
- I know how to take in the breath of life.
- I understand how to deal with confrontation.
- I know how to interact with others.
- I know when to fight for my right to be.
- I know how to say no.
- I know how to live without allowing people to take advantage of me.
- I know how to have people honor my boundaries.
- I know how to honor the boundaries of others.
- I know how to feel the joy of life.
- I know how to enjoy life.
- I know how to learn easily and effortlessly.
- I know what it feels like to assert myself.
- I know how to live without allowing confrontation to frighten me.
- I know how to confront someone in the highest and best way when it is necessary.
- I know how to be aware other people's feelings.
- I know how to respectful.
- I know how to be assertive and still be respectful.

Hepatitis-Intuitive Insights

Hepatitis C may appear to look like a spider or a robot and the liver will be seen to have a smoky film over it with moving speckles. People heal how they want to heal. Some people can step away from the disease, but some have to slowly heal, so don't separate them from the disease too quickly, as this is their identity. Once the Healing is done, it should be gone immediately, or the person has not stepped away from it completely. Hepatitis C is the easiest to see and witness it change.

Hepatitis-Intuitive Remedy

At one time I would witness a tone sent through the body that would transform the virus. It was very effective to pull the hepatitis virus itself, or to change the virus by mimicking the exact tone of the virus and then commanding it to go exactly opposite. I witnessed the tone of the virus and commanded it be replaced with the opposite tone.

In most instances, simply telling the virus to leave the body was enough.

The more effective way is to make the command to change the core beliefs that are associated with the Host.

Hepatitis-Supplements or Other Remedies

- Milk thistle and continue with it for an extended time.
- Alpha Lipoic Acid 600-1200 MGs.
- Amino acid combinations.
- Vitamin B combinations.
- Vitamin C 2000-5000 MGs.
- Vitamin E 400 IUs.
- Selenium, calcium-magnesium.
- Omega-3s,6s, 9s.
- Licorice root.
- Artichoke.
- Green tea.
- If they are healthy enough, suggest a liver cleanse.
- Carrot juice, beet juice and spirulina.
- Stinging nettle.
- Noni.
- Cats Claw.

Herpes

Herpes-The Types

The two main types of herpes virus are Herpes Simplex Type 1 (HSV 1) and Herpes Simplex Type 2 (HSV 2). These look exactly the same under the microscope, sharing 50% of their DNA. Both can stay dormant in the nervous system for life or may produce erratic symptoms in infected people. Both can be spread the same way (direct contact orally and genitally). Both types of herpes virus may not produce any noticeable symptom at all. The main difference of the two types is their preferred part of the body while establishing dormancy. Either type can infect mucosal surfaces in the oral and genital areas although generally, HSV-1 occurs in the mouth area and HSV-2 below the waist.

HSV-1 usually affects the lips and inside of the mouth and may be the cause of Bell's palsy. HSV-1 typically establishes latency in the trigeminal ganglion near the ears, thus symptoms occur in the facial region. Cold sores or fever blisters develop in the

affected areas and it can spread to other parts of the body. HSV-1 is generally mild when it affects the lips, face and genitals but can be serious when affecting the eyes and the brain. Research estimates that 50-80% of Americans have this virus. Many people are unaware that the two types of herpes virus can be transmitted anywhere and this lack of awareness contributes to the increasing number of HSV-1 genital herpes.

HSV-2 generally causes genital herpes. The virus rests in the sacral ganglion at the base of the spine and when activated, symptoms occur in the genital area. The lesions may be found in and around the vaginal area (e.g. vulva, cervix), on the penis, on the buttocks, around the opening of the anus and on the thighs. HSV-2 can be so mild it does not produce any obvious symptoms. It rarely causes complications and spreading to other parts of the body is very uncommon.

There are other types of herpes. The Epstein Barr virus is the virus that causes infectious mononucleosis. Human herpes virus six and seven are suspected of triggering autoimmune disorders including multiple sclerosis and rosella. Human herpes type 8 is very closely related to the Epstein-Barr virus and may lead to cancer of the bone, chronic fatigue syndrome and infection of the lymphatic system.

Of the 45 million Americans that have some type of the herpes virus, more than half never develop serious symptoms. It is, however, especially dangerous to infant at the time of pregnancy. The baby can be infected in the birth canal creating a risk of brain damage, blindness and death.

For those whose symptoms do not remain dormant, genital herpes causes outbreaks of red sensitive skin, itching, burning and painful fluid filled blisters that are highly infectious until they are completely healed, which takes up to three weeks.

Symptoms in a woman can be a mild tingling and burning in the genital area at the first sign of genital herpes. Within a matter of a few hours, blisters develop around the rectum, clitoris, cervix and in the vagina. In men there can be blisters on the penis, groin and scrotum often with a discharge and painful urination.

The first attack of genital herpes usually comes within 20 days after exposure to the virus. Symptoms may be so mild that they are not noticed. It has traditionally been believed that type 1 causes cold sores and type 2 is responsible for genital herpes. However the difference between type 1 and type 2 is often debated and the current theory is that the two viruses are more alike than once was thought. For example, when type 1 is in a dormant state it usually establishes itself in the nerve cells near the ear, so it is more inclined to cause an outbreak around the mouth. Type 2 prefers to live near the base of the spine so that when an outbreak occurs it is more likely to be in the genital area.

Although a serious illness, herpes is not normally life threatening. Those that have the virus should adjust their lifestyle to protect themselves and others.

Herpes-Intuitive Insights-Sexual Herpes HSV-2

Herpes seems to be drawn to people that have high levels of heavy metal poisoning. The lack of structure in their life and the feeling they are not supported makes them very vulnerable for this disease.

Of all the viruses that I have worked with, herpes seems to have numerous Belief Systems attached to it. It is essential to go back to where they first contracted the disease for the associated Belief Systems at that time in the person's life. These Beliefs usually have to do with guilt and worthiness issues. These feelings and emotions are a good indicator of why they have herpes in the first place. Sometimes it was a boyfriend, sometimes it was a one night stand, but whatever, it is generally associated with the lack of being worthy within themselves. This is where you start in the Digging Process. The unworthiness issue extends into present-day relationships that the person may have. If the person does not tell their partner that they have herpes, the unworthiness issues perpetuate because of the guilt in not telling their partner that they are in danger of contracting herpes. It is the fear of rejection that keeps the disease a secret and this makes it so the disease can easily spread to the other person because there are no precautions taken. Any Downloads that you instill into the person should also be instilled into the herpes virus itself.

You teach the virus and the person what it feels like to be worthy of the Creator's love and other Downloads pertaining to the individual. The virus will change into something completely different and leave the body. This is the most effective way that I've ever found to work on sexual herpes.

One Healing can clear the disease completely; however, if you have not found all the associated Beliefs, there will be an immediate breakout of the herpes virus. This is why it is essential to release all the associated Beliefs from the time when the person first contracted the disease.

At one time, I used vibrations and tones to deal with viruses. I would ask the Creator for the tone to destroy the Herpes and witness it sent through the virus. The viruses would go dormant but I didn't see it completely gone.

People forget that viruses have Belief Systems too. One person I was working with said that if she got rid of her herpes she would have no excuse to not have sex with her husband, which she didn't want to do. As you can see, it was serving her. Her herpes had to do with various worthiness issues, because as soon as she got into doing God's

work she put her family aside. She had the Program that she could only do God's work. She had Programs such as "I can only do God's work." "It's wrong for me to have a partner and be close to God," and "I am married to God," which are essentially worthiness issues.

The first time I saw herpes disappear it had to do with "I am worthy of being loved, No". I told the virus that it was worthy of being loved and showed it what it felt like to be loved. After this was done, the virus left the body. Up to that point, I had been working on HIV and herpes by changing the tone of the virus. I would go in, command that the T cells know that the virus had a different tone. You see, cells talk to cells and they have a certain tone. The reason HIV sneaks in is because it simulates the same tone as other T cells. Because the T cell does not recognize it, it does not fight it. Therefore, I wanted to make sure that it knew that it had a different tone and showed it what it sounded like. Then I would raise the T cell count up so that the body would be impervious and be ready to resist infection. All viruses have a tone that is peculiar to them, but Herpes changes its tone to remain invisible to the T cells. You have to do Belief Work on sexual Herpes and the virus to change it.

Herpes-Intuitive Remedy

Look for the virus in the body. Sexual herpes hides in the lower spine. You have to work on the attitude of the virus, which will require a lot of Belief Work. In many instances the removal of Beliefs is enough to be rid of the virus. Ask the Creator to show you and witness the changes. Beliefs will pertain to what is going on when they contracted the infection. Be sure to witness the Beliefs and Downloads changed and instilled on both the host and the herpes. Viruses are smart enough to survive in the body of a person until the associated Beliefs are pulled.

Herpes-Beliefs:

- Pull "I'm not good enough," "I'm worthy, no" and "God is punishing me".
- Check for feelings of being dirty.
- Make sure they understand what it feels like to be worthy of love, forgiveness, joy and respect.
- Herpes stems from guilt, unworthiness, not deserving of the Creator's love, issues of abuse and being a victim.

Herpes-Downloads

- I know what it feels like to have self worth.
- I know what it feels like to be worthy of being cherished.
- I know what it feels like to be worthy of love.
- I know what it feels like to be appreciated, accepted and adored.

- I know what it feels like to be safe in a relationship.
- I know how to let someone truly love me.
- I know what it feels like to totally appreciate my body.
- I know what it feels like to appreciate the love I receive.
- I know what it feels like to live without degrading others in order to feel self-important.
- I know what it feels like to live without elevating myself at the expense of others.
- I know what it feels like to be worthy of the greatness of all I can be.
- I know what it feels like to make other people feel appreciated and accepted.
- I am worthy of a strong and healthy body.
- My body becomes stronger and healthier day by day.
- I know how to appreciate my mate.
- I know what it feels like to be appreciated by my mate.
- I know what it feels like to understand that sexual energy is the energy of creation.
- I understand what it feels like to respect sexual energy.
- I understand what it feels like to feel sacred, beautiful and sexy.
- It is possible to have a wonderful love-life and still be close to God.
- I know what it feels like to live my life without feeling I am condemned.
- I know what it feels like to live without this virus and tell it no.
- I understand how to tell this virus to leave my body.
- I know what it feels like to live without fear of an outbreak.
- I know how to eat good foods, vitamins and minerals supplements without shocking my body.

Herpes Supplements

- L-lysine with amino acid complex.
- Zinc.
- Vitamins A,B, C, and E.
- Acidophilus.
- Lecithin.
- Raw thymus glandular.
- Garlic.
- Shiitake mushrooms.
- Goldenseal.

- Cat's claw.
- Olive leaf extract.
- Tea tree oil onto the open mouth sore.
- Noni on both upper and lower sores.
- Spirulina.
- There is an antiviral drug called Zovirax available by prescription that lessens the severity of the outbreaks.

Hernia

A hernia is a protrusion of an organ or tissue from its normal cavity. The herniation may be of any of a number of the bodily tissues. Brain tissue, for example, may protrude through a defect in the skull. The protrusion may extend outside the body or between cavities within the body, as when loops of intestine escape from the abdominal cavity into the chest through a defect in the diaphragm (the muscular partition between the two cavities). The term is usually applied, however, to an external herniation of tissue through the abdominal wall.

An abdominal hernia, or rupture, may occur at any weak point in the abdominal wall. The common sites are the groin (inguinal), the upper part of the thigh (femoral) and the navel (umbilical). Hernias may be congenital or may be acquired later in life.

Hernia-Intuitive Remedies

Witness the rupture healed and suggest Vitamin B complexes.

Herniated Disk

When people have a herniated disk, they experience back pain, leg pain, or weakness of the lower extremity muscles. When a disc herniation occurs, the cushion that sits between the spinal vertebra is pushed outside its normal position. A herniated disc would not be a problem if it didn't intrude upon the spinal nerves that are very close to the edge of these spinal discs causing pain and discomfort.

Herniated Disk-Intuitive Remedies

Ask the Creator to show you what to do and witness the work "done." Watch the muscles relax around the disk and watch as it adjusts into the correct place. Once the healing is done, you should tell the person that you have worked on the disk, but that they still have to relax and change their lifestyle to avoid further injury. You will have to do Belief and Feeling Work on the person before they can truly be healed. Fifty percent of back problems are because of vitamin and mineral deficiencies. Teach them

how to accept and receive love and this will help them with the absorption of their vitamins. If rods have been surgically placed in the back, you can still do a Healing around the rods. Do not pull or disturb the rods. Remember, the Creator is the healer.

High Blood Pressure - see Cardiovascular Diseases

High Cholesterol - see Cardiovascular Diseases

Hives

When you have an allergic reaction to a substance, histamine and other chemicals are released into your bloodstream, causing itching, swelling and other symptoms. Hives are a common reaction, especially in people with other allergies like hay fever. When swelling or welts occur around the face, (especially the lips and eyes,) it is called angioedema. Swelling from angioedema can also happen in the hands, feet and throat.

Many substances can trigger hives:

- Medications.
- Shellfish, fish, nuts, eggs, milk and other foods.
- Pollen
- Animal dander (especially cats).
- Insect bites.

Hives also develop from:

- Infections from mononucleosis, autoimmune diseases and leukemia.
- Emotional stress.
- Extreme cold or sun exposure.
- Excessive perspiration.
- Itching.
- Swelling of the surface of the skin into red or skin-colored welts (called wheals) with clearly defined edges.

The skin is the largest organ in the body. This organ eliminates toxins by way of sweat in conjunction with the other systems of the body. Hives are a natural reaction to a foreign substance in the body. When we come into contact with allergen-causing foreign substances such as pesticides, shampoos, hair sprays and laundry products, hives can be the result. The severity of a hives outbreak can be different from person to person. Some people can break out in hives even if they come into the slightest contact with an allergen. Viruses also can cause hives. Hepatitis B and Epstein-Barr virus are the two most common causes. Some bacterial infections can also cause outbreaks of

Hives, as can yeast infections.

Antibiotics such as penicillin and related compounds are the most common cause of drug induced hives. At least 10% of the American population is thought to be allergic to penicillin. Many of these people will develop a condition called angiodema that causes adverse reactions, but is not necessarily considered to be Hives.

Following are some of the substances and drugs that most common causes of outbreaks of Hives in people.

- Animals.
- Aspirin.
- Allopurinol.
- Antimony.
- Antipyrine.
- Barbiturates.
- BHA or BHT (preservatives).
- Bismuth.
- Cancer (leukemia).
- Chloral hydrate.
- Thorazine.
- Colognes and perfumes.
- Cortiotropin.
- Eucalyptus.
- Exercise.
- Fluorides
- Food allergies.
- Food colorings.
- Gold.
- Hyperthyroidism.
- Infections, especially strep infections.
- Insect bites.
- Insulin.
- Make up.
- Menthol.
- Mercury.
- Morphine.
- Opium.

- Penicillin.
- Saccharin.
- Salicylates.
- Soaps.
- Shampoo.
- Sulfates.

Hives-Intuitive Remedy

Go into the person's space and witness the Creator bringing the body to re-adjustment and balance so that it does not severely react to the allergens. This generally brings up the persons cortisone levels up in the body and can have an immediate effect on the Hives.

Hives-Belief Work

You need to find out what the person is allergic to. This can be associated with yeast. Yeast is generally elevated in people that break out in hives. Yeast is fungus and fungus is generally associated with resentment issues. So you would work with the persons resentment issues.

Hives-Downloads

- I know how to live my day-to-day life without resenting myself and others.
- I know how to live my life without being pushed.
- I know how to say no.
- I know how to use my words well.
- I know how to live my life without blaming others for things that are my responsibility.
- I know how to live my day-to-day life taking good care of my body.
- I know how to live my life without exposing myself to irritating people.
- I know how to live my life without exposing myself to toxic substances.
- I know what it feels like to live without being resentful of people that irritate me.
- I know what it feels like to live without being irritated with myself.
- I know what it feels like to live without being vulnerable and easily taken advantage of.
- I know what it feels like to live my life without having to fight all the time.
- I know how to allow my body to adjust to the influences of the outside world.

Hives-Supplements

- ALA.
- Quercetin.
- Vitamin B complex.
- Vitamin B12.
- Vitamin D.
- Vitamin E.
- Vitamin C, 5000 mgs.

Hives-Herbs

- With any use of herbs it is best to be careful that the person is not allergic to them.
- Stinging nettle is the first herb that I suggest the person consider, because it is beneficial against allergic reactions. Noni applied directly to the skin can also be beneficial.
- Cat's claw, red clover, and Aloe Vera can all be beneficial.

Hives-Suggestions

- Avoid all alcohol and processed foods, especially foods high in saturated fats.
- Use skin products that are hypoallergenic (designed to not cause allergies).

Huntington's Disease

Huntington's disease (HD) results from genetically programmed degeneration of brain cells, called neurons, in certain areas of the brain. This degeneration causes uncontrolled movements, loss of intellectual faculties and emotional disturbance. HD is a familial disease, passed from parent to child through a mutation in the normal gene. Each child of an HD parent has a 50-50 chance of inheriting the HD gene. If a child does not inherit the HD gene, he or she will not develop the disease and cannot pass it to subsequent generations. Huntington's is a sad disease. People with this malady are usually angry. They will yell and scream and then they'll forget that they were angry. There is a genetic memory of anger that is unexpressed. This could be from their ancestors. Huntington's can cause blindness and death. It responds well to Healing.

Huntington's-Downloads

- I know what it feels like to enjoy my day-to-day life in every way.
- I know how to be totally connected to God.
- I know what it feels like to control my temper.
- I know what it feels like to control my moods.
- I know what it feels like to be free of this disease.

- I know what it feels like to know I am safe.
- I know how to love myself.
- I know how to have balance in my life.
- I know what it feels like to know I am balanced.

Huntington's Downloads -Children with Parents that have Huntington's

- I know what it feels like to live without the fear of getting Huntington's because my parent had it.
- I know what it feels like to control my temper.
- I know what it feels like to control my moods.
- I know what it feels like to be free of this disease.
- I know what it feels like to know I am safe.
- I know how to love myself.
- I know how to have balance in my life.
- I know what it feels like to know I am balanced.
- I know what it feels like to live without being affected and resentful by those around me.
- I know how to control my temper without blaming it on something else.

Hypertension - see Cardiovascular Diseases

Hyperthyroidism

The thyroid is a butterfly-shaped gland located at the base of the neck just below your Adam's apple. The thyroid gland has a vast impact on your health. Every aspect of your metabolism, from your heart rate to how quickly you burn calories, is regulated by thyroid hormones. You cannot live without your thyroid gland or the thyroid hormone, thyroxine. The thyroid gland is the body's internal thermostat. It regulates the temperature by exuding two hormones that control how fast the body burns calories and uses energy. If the thyroid secretes too much hormone, hyperthyroidism results; too little hormone will result in hypothyroidism. Many instances of both hypothyroidism and hyperthyroidism are believed to be the result of abnormal immune responses. Hyperthyroidism can be caused by using too much conventional hypothyroid medicine.

Hyperthyroidism can considerably accelerate your body's metabolism, causing sudden weight loss, irregular heartbeat, sweating and nervousness or irritability.

Symptoms include:

- Sudden weight loss, even when your appetite and food intake remain normal or increase.

- Rapid heartbeat (tachycardia).
- Nervousness, anxiety or anxiety attacks, irritability.
- Tremor — usually a fine trembling in the hands and fingers.
- Sweating.
- Changes in menstrual patterns.
- Increased sensitivity to heat.
- Changes in bowel patterns, especially more frequent bowel movements.
- An enlarged thyroid gland (goiter), which may appear as a swelling at the base of the neck.
- Fatigue, muscle weakness.
- Difficulty sleeping.

Older adults are more likely to have minor symptoms, such as an increased heart rate, heat intolerance and a tendency to become tired during ordinary activities. Medications called beta blockers (used to treat high blood pressure and other conditions) can mask many of the symptoms of hyperthyroidism. This condition affects women more than men. Some of the causes of hyperthyroidism can be tumors on the thyroid gland, so it is a good idea for the theta practitioner to go into the body and ask the Creator to show you the thyroid gland.

Medical practitioners use anti-thyroid medications and radioactive iodine to slow the production of thyroid hormones. Sometimes, doctors surgically remove part of the thyroid gland. Although hyperthyroidism can be fatal if ignored, most people respond well to conventional methods.

Hyperthyroidism-Healing

Hyperthyroidism is one of the easier thyroid problems to work on intuitively. With hyperthyroidism, the practitioner should go into the person's space to command the body to go back to a normal state. Witness as the Creator makes the changes to the thyroid. This works almost instantly in most cases.

People with hyperthyroidism have a tendency to over express themselves, sometimes at inopportune occasions.

Hyperthyroidism is associated with over expression and hypothyroidism is associated with not saying enough. Both conditions cause the person to become compulsive.

Hyperthyroidism-Supplements

- Vitamin E.
- Vitamin D.

- Lecithin.
- Green vegetables.
- Avoid dairy products for at least three months and discontinue use of all caffeine.
- Avoid white sugar as much as possible.

Hyperthyroidism-Suggestions

There seems to be an association between Parkinson's disease and hyperthyroidism. Once the thyroid condition is treated, the Parkinson's disease improves dramatically.

There is interconnectedness with the pituitary gland, parathyroid glands and sex glands. All these glands work together and are influenced by thyroid function. If there is a problem in one place they may all be affected.

The parathyroid glands are positioned behind the thyroid and secrete a hormone called PHT which controls calcium levels. Hyperparathyroidism is a rare disorder in which the parathyroid glands become enlarged and over-active, releasing excess PHT into the system. The result of this is excess calcium leaking out of the bones into the blood. If left untreated, this can lead to other problems such as bone pain and kidney stones.

An undiagnosed thyroid condition can be mistaken for menopausal symptoms. Symptoms such as fatigue, mood swings and depression are often present in both circumstances. If you are experiencing menopausal symptoms, it is a good idea to have your thyroid function tested.

Hypoglycemia

Hypoglycemia, also called low blood sugar, occurs when blood glucose (blood sugar) levels drops too low to provide enough energy for your body's activities. In adults or children older than ten years, hypoglycemia is not common except as a side effect of diabetes treatment. It results from other medications or diseases, hormone & enzyme deficiencies, or tumors.

To explain how this happens, we look at glucose, a form of sugar which is an important fuel for your body. Carbohydrates are the main dietary sources of glucose. Rice, potatoes, bread, tortillas, cereal, milk, fruit and sweets are all carbohydrate-rich foods. After a meal, glucose molecules are absorbed into your bloodstream and carried to the cells, where they are converted to energy. Insulin, a hormone produced by your pancreas, helps glucose enter cells. If you take in more glucose than your body needs at the time, your body stores the extra glucose in your liver and muscles in a form called gly-

cogen. Your body can use the stored glucose whenever it is needed for energy between meals. Extra glucose is also converted to fat and stored in fat cells. When blood glucose begins to fall, glucagon, another hormone produced by the pancreas, signals the liver to break down glycogen and release glucose, causing blood glucose levels to rise toward a normal level. If you have diabetes, this glucagon response to hypoglycemia may be impaired, making it harder for your glucose levels to return to the normal range.

Symptoms of hypoglycemia include

- Hunger.
- Nervousness and shakiness.
- Perspiration.
- Dizziness or light-headedness.
- Sleepiness.
- Confusion.
- Difficulty speaking.
- Feeling anxious or weak.

People with hypoglycemia can become very aggressive and lose their tempers easily. Any or all of these symptoms may occur a few hours after eating sweets or fats. The onset and severity of symptoms are directly related to the length of time since the last meal was eaten and the type of food that the meal contained. This is why a proper diet is important for people with hypoglycemia.

Hypoglycemia-Types

Functional hypoglycemia is the over-secretion of insulin by the pancreas in response to a rapid rise in blood sugar or "glucose". The other types of hypoglycemia are reactive hypoglycemia and fasting hypoglycemia. Reactive hypoglycemia is when blood sugar drops to abnormally low levels two to five hours after eating a meal. Fasting hypoglycemia occurs as a result of abstaining from food for eight or more hours. This is generally caused by liver disease or a tumor of the pancreas.

Hypoglycemia-Causes

Most of the causes of Hypoglycemia is the body's inability to properly handle the large amounts of sugar that the average American consumes today. It's the overload of sugar, alcohol, caffeine, tobacco and stress that is the problem. In medical terms, hypoglycemia is defined in relation to what causes it. Hypoglycemia can be inherited but it is mostly caused by inadequate diet. Many other bodily disorders can cause hypoglycemic problems such as adrenal insufficiency, thyroid disorders and pancreatitis. Immune deficiency and Candida are also strongly linked to hypoglycemia. Other causes are chronic liver failure, smoking and consumption of too much caffeine. Low

blood sugar can also be an early sign of diabetes. Proper diagnosis of hypoglycemia is crucial since the symptoms mimic other diseases. The conventional way to diagnose hypoglycemia is through a glucose tolerance test.

Hypoglycemia-Recommendations

People with hypoglycemia should remember to eat small meals four to five times per day, consisting of good wholesome foods low in carbohydrates. Avoid high carbohydrate foods such as pasta, breads and sugars. Foods that are best are high in fiber such as raw vegetables that are high in minerals and vitamins. Fruits are also recommended especially apples, apricots, avocados, bananas, grapefruit and lemons.

A diet high in proteins consisting of low-fat cottage cheese, fish, grains, kefir, turkey, chicken breast and low-fat yogurt is beneficial. To prevent low blood sugar use a protein powder supplement. Finally, exercise is very important. People who are most prone to hypoglycemia are those taking medications for high blood sugar or diabetes. Hypoglycemia is often an underlying cause of misdiagnosed cases of attention deficit disorder. Over half the people with hypoglycemia who are over 50 have thyroid problems. The misuse of caffeine, alcohol, tobacco and sugar are all contributors to hypoglycemia.

Hypoglycemia-Belief Work

Individuals suffering from hypoglycemia need to be Downloaded to have joy with life.

Hypoglycemia- Downloads

- I know when my body needs energy.
- I know how to take care of my body.
- I know how to utilize the life force in the highest and best way.
- I feel safe in a relationship.
- I feel safe with others.
- I know how to acknowledge my own physical needs.
- I know how to cherish and care for my body with dignity.
- I know what it feels like to be energized and accepted.
- I know how to control my moods when I feel tired.
- I know when I am getting tired.
- I know when I need to eat.
- My body saves energy.
- My body is strong.
- My body gets stronger every day.
- With each passing day, the systems of my body become stronger.
- I breathe the breath of life.
- When I am tired I find energy from the breath of life.

- My body understands how to regulate my sugars.
- I am amazing.
- I am brilliant.
- I am full of energy and strength.
- I use my words wisely.
- I understand what it feels like to live without the fear of becoming diabetic.

Hypoglycemia-Supplements

- Hypoglycemia is usually caused by an allergic reaction to gluten and other dietary concerns.
- It is suggested to eliminate white breads from the diet.
- Chromium picolinate used for three or four months at a time is good for hypoglycemia, but it should not be used continually, as this could cause other problems.
- Brewers yeast is helpful.
- Glutathione treatments are one of the best things for hypoglycemia since it stimulates the whole body to produce more glutathione.
- ALA should also be considered.
- Zinc.
- Magnesium.
- Manganese.
- Vitamin D.
- Vitamin E.
- Calcium.
- Injections of vitamin B complex as well as vitamin B6 accompanied with liver extract have produced good results for those with hypoglycemia.

Hypoglycemia-Herbs

- Dandelion root for small periods of time.
- Milk thistle to stimulate the liver.
- Licorice root can also be used but not on a daily basis. Licorice root cannot be used if you have high blood pressure or if you have female cancers.

Hypothyroidism

The thyroid gland is the body's internal thermostat, regulating the temperature by secreting hormones that control how quickly the body burns calories and uses energy. Hypothyroidism is the opposite of hyperthyroidism. Whereas in hyperthyroidism the thyroid is producing too much thyroid hormone, hypothyroidism is an under production of thyroid hormone.

Hypothyroidism-Symptoms

Symptoms include;

- Fatigue.
- Loss of appetite.
- Slow heart rate.
- Weight gain.
- Painful premenstrual periods.
- Milky discharge from the breasts.
- Fertility problems.
- Muscle weakness.
- Muscle cramps.
- Dry and scaly skin.
- Hair loss.
- Recurrent infections.
- Migraines.
- Hoarseness.
- Respiratory infections.
- Constipation.
- Depression.
- Difficulty concentrating.
- Goiter.
- Drooping swollen eyes.
- The most common symptoms are fatigue and intolerance to cold.

It is estimated that of the 13 million women in the United States are affected by hypothyroidism. One in eight women experience some kind of thyroid problem at some point in their lives. Thyroid problems can cause many recurring illnesses and fatigue. Poor diet, fluoride in the water, excessive consumption of saturated fats, endurance exercise, pesticide residues on fruits and vegetables, radiation from x-rays, alcohol and drugs are all causes.

A condition called Hashimotos disease is the most common cause of an under active thyroid. In this disorder the body becomes allergic to thyroid hormone. It then produces antibodies against its own thyroid tissue. Hashimotos disease is the common cause of goiter, a swelling of the thyroid gland. Among adults, it can occur in association with other disorders such as pernicious anemia, lupus, infections and rheumatoid arthritis. If congenital hypothyroidism in children is left untreated it can lead to mental

retardation. Generally however, hypothyroidism is detected within a baby's first few months, when routine blood tests are performed.

Another condition from long-term undiagnosed hypothyroidism is called myxedema coma. The result of this condition is a coma that occurs during illness, after an accident, from exposure to cold, or as a result of the ingestion of narcotics and or sedatives.

Blood tests measuring levels of different hormones can determine if the thyroid gland is working properly. A blood test ordered by a physician will measure levels of thyroid stimulating hormone secreted by the pituitary gland and iodine absorption tests may also be performed. This test involves ingesting a small amount of radioactive iodine. An x-ray then shows how much of the iodine has been absorbed by the thyroid. A low uptake of the iodine indicates hypothyroidism.

Thyroid Self Test

For a self test of an under active thyroid, keep a thermometer by your bed at night. When you awaken in the morning, place the thermometer under your arm and hold it there for 15 minutes. Keep still and quiet. Any motion can upset your temperature reading. A temperature of 97.6° Fahrenheit or lower might indicate an under-active thyroid. Keep a temperature log for five days. If you're readings are consistently low, consult your doctor.

Hypothyroidism-Insights

People that I have worked on that have hypothyroidism seem to have an imbalance in their pituitary gland. The reason I say this is because every time I have witnessed Healings done on these individuals, I am always brought back to the pituitary gland. In a Healing for hypothyroidism, you connect to the Creator and command a Healing be done on the person. You will witness the energy being released from the pituitary gland and from there it will be sent to the thyroid. Hypothyroidism does not seem to instantaneously heal as readily as hyperthyroidism. More often, hypothyroidism has Belief Work associated with it. Most of these Belief Systems pertain to how well they express and communicate with others. With hypothyroidism, the person will be tired, fatigued and irritable, so you must be very careful and gentle when you work on their Beliefs. They have the Belief that what they say is not going to be heard. They have a tendency to over-correct, which means that by the time they decide to express themselves, they say too much pertaining to the situation.

In hypothyroidism, the perceptions of the person are expanded more than normal. Little things, that are for most of us every day occurrences, are to the person with hy-

pothyroidism terrible ordeals. People with hypothyroidism often become compulsive, consumed with feelings and have a difficult time dealing with everyday affairs.

In both of the conditions of hypothyroidism and hyperthyroidism, the person is overwhelmed with small things.

Hypothyroidism-Considerations

Because menopause is similar to the symptoms of thyroid dysfunctions, it is important to know the difference between the two. Taking thyroid medication while you are in the throes of menopause is not a good thing.

Since thyroid medication can interact with other medications, take them several hours apart from one another. Always let your physician know of any medications you are taking before you start on another.

The conventional treatment for Hashimotos disease is usually a prescription of a thyroid hormone that must be taken for the duration of one's life.

Applying a natural progesterone cream may increase thyroid activity.

The use of the trace mineral lithium that is used to treat manic depressive disorders can sometimes cause thyroid malfunction.

Wilson's syndrome is a condition that results from a problem in the conversion of one thyroid hormone called T4 to one called T3. This causes symptoms of decreased thyroid function, especially triggered by significant physical or emotional stress. The symptoms can be debilitating and may persist even after the stress has passed. People with Wilsons syndrome may have symptoms of hypothyroidism, including low body temperature, fatigue, headaches, menstrual dysfunction, memory loss, loss of concentration, loss of sex drive, anxiety and panic attacks, depression, unhealthy nails, dry skin, frequent infections, allergies, insomnia, intolerance to cold and lack of energy and motivation.

Hypothyroidism-Healing

Hypothyroidism usually needs Belief Work.

Hypothyroidism-Downloads-Beliefs

- I know how to speak my truth.
- I know my spiritual direction.
- I know how to connect with the Creator.

- I know how to voice my own opinion.
- I know I have my own opinion.
- I know how to live without being overwhelmed, too tired or overstressed.
- I know what it feels like to have energy.
- My body is energized.
- I have good communication skills.
- It is easy for me to voice my own opinion.
- It is easy for me to be connected to balanced spiritual energy.
- I know what it feels like to have tolerance, kindness and speak my truth.
- I know how to create a life of joy.
- I know how to create a life of respect.
- I know what it feels like to be respected by my family.
- I know what it feels like to be respected by my children.
- I know how to live without being over or under aggressive.
- I am in perfect balance.
- I am connected to the Creator.
- The Creator is real.
- It's easy for me to breathe.
- It's easy to have energy.
- I know what it feels like to have energy everyday.
- With each passing day, I become happier and joy surrounds me.

Hypothyroidism-Supplements

- L-Tyrosine is also used for people with hypothyroidism but does not work well with people that have high blood pressure.
- Raw thyroid glandular works well for hypothyroidism.
- Vitamin B complex.
- Vitamin C 5000 mgs
- Vitamin A.
- Zinc 50 mg.
- Selenium 250 mcgs.
- Gently rubbing the thyroid glands in a circular motion to stimulate them can help.
- A diet including apricots, egg yolks with raw milk and cheeses is recommended.
- The herb Irish moss works well.

Hypothyroidism-Herbs

Many alternative practitioners will suggest that you use kelp. They believe this because the iodine in kelp will help the person. I cannot understand why this is, since the iodine in kelp is different than what your body needs. The right herb would be Irish Moss which has the iodine that your body can break down. It will also break down the constituents of the herb bladderack that also has iodine in it. Parsley is also a good herb to consider.

Implants

A wonderful woman would periodically come in for Healings because she was attacked by aliens and plagued with implants. I would strengthen her aura and send the "implant" to Gods Light. This was before the Belief Work, so I did not have this means to work with.

She would be left alone for a while, only to have the difficulties return. One day she came in for a Healing and my husband Guy was there. Guy was skeptical about implants and this was something that I wanted him to learn. I asked the lady if it would be alright if Guy attended the Healing. She said that he could. I had him come into the Healing room to show him a "real" implant. On this occasion the lady had an implant in her arm. It moved up and down her arm and I wanted Guy to witness this with me. Guy put his hand on the ladies arm where the implant was. It moved under her skin and this alarmed Guy. He stepped back and said, "What the hell is it?!" Then she held her arm out and we could see the implant move under her skin. This experience pushed my husband's Belief System to the limit. I commanded that the implant be sent to the light of God, never to return, which it did. After that, it was gone. I do not know what was in her arm and I don't care. What I do know was that you could touch it, see it and watch it move. The important thing was that the lady believed that I could help. Eventually the lady stopped having these experiences with such intensity and when the Belief Work came to us, she used it to empower herself. In ThetaHealing today, we do not have an opinion as to the validity of implants or alien energies, only that we help the person heal.

When working on people with implants, make sure you find out if they have breast implants, heart implants or a pacemaker before you start commanding that any implants be removed. There are many medical implants that are used in the medicine today.

Implants-Beliefs-Downloads-Surgical Implants

- I know what it feels like to accept the changes in my body easily and effortlessly.
- I know how to accept the better and improved form that I have become.
- Surgical implants that are in my body benefit me and are accepted easily by every cell in my body.
- I can live and be happy.
- I cherish every moment I have in this life.

Implants-Beliefs-Psychic Implants

- I am safe.
- My body is my own.
- I know what it feels like to know that my body is my own.
- Nothing can take advantage of my body.
- The Creator of All That Is is the highest power.

Impotence

Impotence (ED) is a common problem among men that is characterized by the consistent inability to sustain an erection sufficient for sexual intercourse, the inability to achieve ejaculation, or both. It can involve a total inability to achieve an erection or ejaculation, a inconsistent ability to do so, or a tendency to sustain only very brief erections. The risk of impotence increases with age. It is four times higher in men in their 60's compared with those in their 40's. Impotence tends to be more prevalent in men with less healthy lifestyles due to a less healthy diet, alcohol abuse and little or no exercise. Physical exercise tends to lessen the risk of impotence.

Erections result from a complex combination of brain stimuli, blood vessel-nerve function and hormonal reactions. Anything that interferes with any of these functions can lead to impotence. The causes can be due to arteriosclerosis, certain medications, alcohol, tobacco use or a chronic illness such as diabetes or high blood pressure. In the past, it was assumed that impotence was primarily a psychological problem. But physicians today believe that 85% of all cases of impotence have a physical basis. It has been recognized that over 200 drugs may cause impotence.

Some of the most common are;

- Alcohol.
- Antidepressants.
- Antihistamines
- Antihypertensives.
- Blood pressure medication.
- Cancer chemotherapy.
- Diuretics.
- Narcotics.
- Nicotine.
- Sedatives.
- Stomach acid inhibitors.

- Ulcer medications.
- Impotence-Conventional Medicine

Viagra is the best-known drug for dealing with impotence. It does not, however make one feel like having sex, but rather, it is a drug that will help to achieve an erection. If the desire to have sex is not there it will not help. Partners of men who use Viagra may have difficulty adjusting to the higher level of potency shown by their ardors, so taking an enhancement drug such as Viagra should always be discussed with your partner. Viagra may not be suitable for men with certain cardiovascular or blood disorders, or for men with advanced kidney and liver disease.

Yohimbine is a prescription drug that has been approved by the FDA for treatment of impotence. Experts consider it to be a placebo as it has an effect on the body similar to that of adrenaline. If you have high blood pressure you must be careful using yohimbine.

Apomorphine is a prescription drug for impotence that works on the brain to produce erections. This drug can have side effects of nausea and vomiting, dizziness, or sweating.

Impotence-Vianna's Magic Potion for Impotency for Her Clients

If the person has no sexual appetite and the cause isn't emotional or psychological, then there is likely a shortage of vitamins. In this instance, the following recipe has worked well in the individuals that have used it.

For increasing sex drive, both men and women:

- Selenium 250mcg, Lecithin 1 pill, Vitamin E 400IU, Zinc 100-150 mgs, Damiana (6 pills a day), Ginseng, dose on the bottle- (take 2 weeks on and 2 weeks off.).
- Damiana has estrogen and testosterone all in one plant. However, some of these compounds can excite female cancers. If the person is a female with a history of cancer, daminana should be avoided.
- Damiana for fertility to get pregnant.
- The body needs certain vital nutrients to produce testosterone and one of these is zinc. Lecithin and Zinc help to open capillaries.
- Always use Omega 3's 6's and 9's for ED. In many instances there is another health condition that is causing ED such as a heart problem, or blocked veins. If this is the case the underlying cause must be addressed to clear the ED.

Impotence-Extra Herbs

- Wild Yams can help ED because of the natural steroids in it.
- Saw Palmetto is also helpful to normalize prostate function.
- The sexual vitality and energy of men has been increased by using a combination of two herbs, green oats and stinging nettle.
- DHEA-100 mgs for men.
- Horny goat weed.

Impotence-Belief Work

Beliefs and Downloads that are associated with impotence are:

- It's okay to have sex.
- I am attracted to my partner.
- It's possible to be sexually attracted to my partner.
- My partner is sexually attracted to me.
- I release past resentments about my partner.
- I release past resentments with the opposite sex.
- I can be sexually stimulated.
- I can relax from stress.
- I am strong.
- I am healthy.
- I am beautiful.
- I know what it feels like to deal with my anger towards my partner.
- I am an intelligent wonderful being of light.
- I reflect joy in everything I do.
- My body absorbs vitamins and minerals with ease.
- I feel total love for my partner.
- It is easy for me to feel love and be accepted by my partner.
- It is easy for me to move with the flow of life.
- Nothing blocks the energy that I feel from the Creator.
- I feel the flow of life throughout all the veins of my body.
- It is easy for me to accept and appreciate love.
- I know what it feels like to have love in a sexual, sensual way.
- I know what it feels like to be able to satisfy my partner.
- I know what it feels like to have my partner satisfy me.
- I know what it feels like to be exhilarated by the energy of having sex.
- My body is healthy and strong.
- I feel happy to be alive.

- I enjoy the energy that I share with my partner.
- I can relax from stress and enjoy the moment.
- I know how to live in the moment.
- My partner loves to be with me.
- I know what it feels like to live without the fear of disappointing my partner.

Incontinence

There are four basic types of incontinence:

Stress Incontinence: Incontinence that occurs during coughing, sneezing, laughing, lifting heavy objects or making other movements that put pressure or stress on the bladder. This results from weak pelvic muscles or a weakening of the wall between the bladder and vagina. The weakness is due to pregnancy and childbirth or from lower levels of the hormone estrogen during menstrual periods or after menopause.

Urge Incontinence: Incontinence after feeling a sudden urge to urinate with inability to control the bladder, such as while sleeping, drinking water or listening to water running.

Overflow Incontinence: Incontinence that occurs when the bladder is constantly full and reaches a point where it overflows and leaks urine. This condition can occur when the urethra is blocked due to causes such as kidney or urinary stones, tumors or an enlarged prostate. It may also be the result of weak bladder muscles, due to nerve damage from diabetes or other diseases.

Functional Incontinence: Incontinence that occurs when physical disabilities, external obstacles, or problems in thinking or communicating prevent a person from getting to a bathroom before they urinate.

Urinary Incontinence means that you can't always control when you urinate. As a result, you wet your clothes. This can be embarrassing, but it can be treated. Incontinence usually happens when the bladder has slipped and the kidneys are weak.

Incontinence-Intuitive Remedy

- Ask the Creator to show you what is causing the problem.
- If the bladder is out of place, witness the Creator pulling the bladder up. Watch the muscles strengthened and tightened to hold the bladder.
- If the cause is from the kidneys being weak, witness a Healing done on them.

- If the cause is a kidney stone, witness the kidney stone disintegrate and flushed from the system.
- If the cause is a tumor. witness the tumor shrink.
- If it is caused by another disease in the body, it will be necessary to work on the malady that is of causing it.
- I believe incontinence is another malady that can be improved with a liver cleanse. When the kidneys are in a weakened condition they do not absorb calcium as readily as they should.
- A liver cleanse will help this situation.

This challenge may take two or three Healings to be completely finished.

Incontinence-Supplements

- Calcium and magnesium can help.
- Vitamin A, zinc and sometimes potassium (if the potassium does not interfere with another medication).

Incontinence-Herbs

- Build the kidneys up with the herb juniper berry.

Indigestion

Specific indigestion is one of those challenges that I do not work on very much. The only time that I get to work on indigestion is when it is caused by something like Giardia, salmonella or E coli. Other maladies that are associated with indigestion that I work with are Crohn's or other digestive problems. Indigestion can have an underlying cause. Indigestion can be anything from a bloating feeling after eating, chronic diarrhea, constipation or even vomiting. Heartburn can also accompany indigestion. Other factors that can cause or contribute to indigestion are lack of friendly bacteria, malabsorption, peptic ulcers and disorders of the gallbladder, liver, or pancreas.

Hydrochloric Acid (HCI) is produced by the glands in the stomach, for the breakdown and digestion of food. Insufficient amounts of HCI can lead to indigestion. You can determine if you need more hydrochloric acid with this simple test. Take a tablespoon of apple cider vinegar or lemon juice. If this makes your indigestion go away then you need more stomach acid. If it makes your symptoms worse then you have too much acid. Indigestion problems can have an underlying parasitical cause.

Indigestion-Supplements to help the intestinal tract.

- Acidophilus.
- Omega 3's 6's and 9's.

- Vitamin B complex.
- Sometimes copper used as a supplement can be beneficial, but you can't use copper if you have Wilsons disease.
- Amino acid complexes.
- Aloe Vera.
- Noni juice once a day.
- Ginger once a day.
- Slippery Elm.
- ALA.

Indigestion-Belief Systems

- Old worthiness issues.
- Victimization issues from childhood.
- How to receive and accept love-the ability to process other people's affection.

Indigestion-Recommendations

Many antacids that are sold in the United States have aluminum in them which has links to Alzheimer's disease. Antacids contain calcium carbonate and magnesium as well, so it is best to build your system using the supplements I've suggested.

Infertility

Infertility can be defined as the failure to conceive after a year or more of regular sexual activity during the time of ovulation. It can also refer to the inability to carry a pregnancy to term. In 40% of infertile couples, problems affecting the male partner are the cause of infertility. In men, infertility is most often because of low sperm count. Many factors can cause a low sperm count, including alcohol consumption; endocrine disorders, exposure to toxins, radiation, excessive heat, acute illness, prolonged fever and testicle injury.

For women, the most common causes of infertility include ovulatory failure or defect, blocked fallopian tubes, endometriosis and uterine fibroids. Some women develop antibodies to their partners sperm, actually becoming allergic to them. Chlamydia, a sexually transmitted disease also causes infertility.

The most prevalent reasons couples are unable to conceive are:

- The woman has endometriosis.
- The man has abnormal sperm, a low sperm count, or erectile dysfunction.
- The woman's fallopian tubes are blocked.

- Ovulation takes place rarely or irregularly.
- The cervical mucus attacks and kills the sperm.
- The woman does not manufacture enough progesterone to carry the baby to term.
- The woman is over thirty four.

There are a number of infertility tests; some for men, some for women.

Infertility-Tests performed on men

- Endocrine test.
- Postcoital test.
- Semen analysis.
- Sperm penetration test.
- Testicular biopsy.
- X-ray.

Infertility-Tests performed on women

- Endometrial biopsy.
- SSH test.
- HSG test.
- Laparoscopy.
- Postcoital test.
- Transvaginal ultrasound.

Infertility-Intuitive Insights

If the woman has blocked fallopian tubes, go into her space and witness the fallopian tubes open and change. This simple Healing works in all kinds of women who have been going to doctors for years trying to get pregnant. In my opinion, much of pregnancy is dependent upon when the baby wants to come. You see, people come to me all the time telling me that they can't get pregnant. When I go up out of my space, I can see that the spirit of the baby is not ready to come into the body of the mother for two more months. In my opinion, what happens is the spirit watches the formation of the tiny body to make sure it is perfect. Even though the spark of life is in the embryo from the beginning, the larger spark of life of the Spirit waits to be sure of the embryo. In most instances, if the embryo is not perfect the spirit does not stay.

In most instances, when a person comes to me with fertility issues, I go into their space and ask the Creator when they will be ready to have their baby. I remember one particular woman who came in and told me that she was going to go get implanted in September. I went into her space and told her, "no, you're going to get pregnant in August." Sure enough, she came back in August before she went in to get implanted

and told me she was pregnant.

Sometimes we think that we can pick and choose the time when these babies will come. But the truth of the matter is they will come when they want to, not when we will it. It is important to understand that your divine timing and the divine timing of the child can be in conflict. Oddly enough, when the child is ready to come into the womb, the mother will suddenly want a child more than anything! I have noticed through observation that there is much more fertility if the couple is in love. Infertility can also be associated with stress. In many instances all you have to do is remove the stress from your life and like magic, you are pregnant!

Infertility-Downloads-Beliefs

- I know what it feels like to be allowed to have children.
- It's safe for me to have children.
- My body is strong and functions perfectly.
- My body is balanced and strong.
- The eggs in my body are strong.
- I am ready for the child that is to be mine.
- I am fertile.
- I trust my mate will be a good father.
- I trust my mate will be a good mother.
- I have enough love for everyone in my life.
- I can love my partner and my baby.
- I am special.
- I am part of God.
- I am completely functional and normal.
- With each passing day, my body gets stronger.
- With each passing day, my body prepares for my baby.
- The time is now.
- Every cell in my body is awake and alive.
- I have enough nutrients for myself and my baby.
- My ovaries are perfect.
- My uterus is perfect.
- My fallopian tubes are perfect.
- My body is a perfect place for my baby to grow.
- I am ready to show the world how much I love my child.
- I am prepared to raise a child.
- My body accepts my mate.
- My hormones are perfectly balanced.

Infertility-Supplements

- A woman can heighten her progesterone levels just by changing her diet. She should use more Omega 3's 6's and 9's.
- A woman should also consider the use of Damiana, which will help with fertility.
- Spirulina.
- Stinging nettle.
- Ginseng.
- Sarsaparilla.
- Royal jelly and bee pollen helps the body to normalize.

Infertility-Considerations

- Some artificial lubricants can prevent the sperm from reaching the cervix. Saliva may also have a detrimental effect on the sperm.
- Ulcer medications such as Tagamet and Zantac may decrease sperm count.
- Marijuana and cocaine lower sperm count.
- The transdermal use of natural progesterone cream may benefit infertile women.

Infertility-Dietary

- Fresh foods, herbal teas, fresh pineapple (or bromelain), freshwater fish and salmon are suggested.
- Both sexes should avoid all alcohol, cigarettes, fried foods, sugar, or junk foods.

Influenza

Influenza (the flu) is a contagious respiratory illness caused by the influenza virus. It can cause mild to severe illness and at times can lead to death; but this is mostly in young children or older people. The Center for Disease and Control suggest that the best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average 5% to 20% of the population get the flu; more than 200,000 people become hospitalized from flu complications and about 36,000 people die from flu. Older people, young children and people with certain health conditions are at high risk for serious flu complications.

The symptoms of influenza begin much like those of the common cold. In many cases, a fever develops and you may feel unbearably hot one moment and chilled in the next. Often, a person with the flu is so weak and so uncomfortable that he or she does not feel like eating or doing anything else. A common cold can last for about a week to 10 days, but the flu may last longer, possibly up to 12 days or more.

Influenza Symptoms of flu include:

- Fever (usually high).
- Headache.
- Extreme tiredness.
- Dry cough.
- Sore throat.
- Runny or stuffy nose.
- Muscle aches.
- Stomach symptoms, such as nausea, vomiting and diarrhea also can occur but are more common in children than adults.

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Flu viruses spread mainly from person to person through coughing or sneezing from people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. High-risk groups also include those of any age with weakened immune systems and with chronic conditions such as heart or lung disease.

Influenza-Preventions

- Regularly washing your hands will prevent 75% of the possibility of catching the influenza virus. Purchase a new toothbrush so that you are not getting the same germs and re-infecting yourself.
- Avoiding people and situations with people who are sick, such as using the same phone and washing your hands in the bathroom.
- For some strange reason chicken and turkey soup seems to help with influenza.
- A little cayenne pepper seems to help for digestion.
- Get as much rest as possible.
- Avoid the use of any iron supplements, because this actually feeds different bacterias.
- Avoid using zinc at the same time you are drinking juices, as this stops the potency of zinc. Increasing your vitamin C helps considerably with influenza.

Influenza-Healing

When people come to me with influenza, I always suggest that they go to the doctor

as well. In most instances, I will simply let the person's immune system take care of the influenza virus, because this is the natural order of things. The immune system was designed to build anti-bodies to combat most bacteria and viruses. It is only when the person's immune system is compromised that I will do a Healing to stop the influenza virus. Healers do not understand the ramifications of what happens when they go into someone's space and do a Healing on influenza. Once the Healing kills the flu virus, all the dead cells from the virus will still need to be processed from the body. As a natural process, it may take up to three to four days for the body to completely become balanced. This is why many people feel worse after this kind of Healing instead of immediately better.

Influenza-Herbs

- Tahhebo tea has antibacterial properties to it that can help with influenza.
- Many people use goldenseal for the flu. However, you should not use it for more than one week at a time and it is not recommended during pregnancy or for those that have diabetes.
- Cayenne pepper helps to keep mucus flowing and aids in digestion and the associated headaches.
- Echinacea is very effective at enhancing the body's own natural defenses. Alcohol free echinacea extract can be given to children at four to six drops of extract with water or juice every four hours for three days.
- Elderberry has antiviral properties.
- Thyme helps to rid the sinuses of mucus.
- One of the best concoctions I have found is Old Indian Wild Cherry Bark cough syrup from Planetary Formulas.

Insect Allergy (From Stings)

Only a few stinging insects in the United States cause allergic reactions. These are honeybees, hornets, yellow jackets, bumble bees, wasps, spiders and ants. Allergic reactions to stings can cause wheezing, tightness in the throat, nausea, diarrhea, hives, itching, pain and swelling in the joints, respiratory distress and vascular swelling.

These symptoms vary from person to person and are dependent upon how severely the person is allergic. In the most severe cases, the person can go into anaphylactic shock.

Insect Allergy-Healing

If you see that a person is having a reaction to an insects sting, witness a Healing done on them that brings the body back to balance and then immediately take them to the hospital as a precaution. As you witness the Healing, you will see more adrenaline

and cortisone being sent into the body to be utilized against not only the insect venom, but to normalize the allergic reaction. This will help to balance the flood of histamine coursing through the body.

Insect Allergy-Suggestions

For those people who are allergic to bees, consider using a little bee pollen (only a tiny amount at first) to build up a resistance to bee venom. This should only be done by a certified health practitioner

Regular use of vitamin C (5000 mgs daily) will help those with allergic reactions.

If you have ever had a reaction to a sting, a good precaution is to have an epinephrine emergency kit on hand prescribed by a doctor.

To avoid insect stings, wear light-colored clothing, avoid wearing anything that is flowered or dark. Do not wear shiny jewelry or use hairspray, perfume, scented soaps, or suntan lotion.

Insect Bites

When my granddaughter Jenaleighia was three years old she liked to squish bugs, so I explained to her that they were alive. All of a sudden she decided she loved ants. When she was outside, she sat down right in the middle of a red ant pile. She came in covered with bites all over her body, screaming and crying. Her mother, Bobbi, rushed into the house to bring her to me. I immediately reverted to my old naturopathic training. I said to her "Quick, put her in the bathtub with some herbs!" When Bobbi began to prepare the tub of water, Jenaleighia rebelled against this and said "No, I want my grandma to fix it, she can fix anything."

No pressure there!

So, I put my hands on this little girl that had so much faith in me and I commanded that the bites be gone and she be out of pain now. This stopped the pain and swelling of the bites and immediately she was better. Isn't it amazing how her faith was rewarded? My first reaction was fear, her reaction was "I want my grandma to fix it."

Insect Bites-Healing

When you first see an insect bite on a person, do an immediate Healing on them. Say to the body of the person "No, this did not happen, no, not today." In many instances this stops the reaction immediately. It is best to follow up with their doctor.

Insect Bites-Preventative

Most insect bites are a nuisance, causing only a little itching and redness. However, others can be serious, such as tick bites that can spread Lymes disease. Mosquito bites can transmit malaria and yellow fever. Spider bites (which are not technically insects) can be detrimental as well. The Black widow and brown recluse spider bites are extremely dangerous.

Carbon dioxide, estrogen, moisture, sweat and warmth attract mosquitoes. Foods are rich in vitamins B1 such as fish, brown rice, brewer's yeast, cayenne pepper or black strap molasses can help prevent insect bites because of the odor and compounds exuded from the skin.

Insomnia

By definition, insomnia is "difficulty initiating or maintaining sleep, or both." Although most of us know what insomnia is and how we feel and perform after one or more sleepless nights, few seek medical advice. Many people remain unaware of the behavioral and medical options available to treat insomnia. Insomnia affects all age groups. Among older adults, insomnia affects women more often than men. The incidence increases with age. Stress most commonly triggers short-term or acute insomnia. If you do not address your insomnia, however, it may develop into chronic insomnia.

Insomnia-Remedies Supplements

Insomnia is usually caused by lack of magnesium. Sometimes the person may lack other vitamins too, but ask the Creator. Go in and pull feelings of anxiety and fear and bring in those that are calm and soothing. Witness the stimulation of more serotonin and the release of melatonin.

Irritable Bowel Syndrome

A spastic colon is now called irritable bowel syndrome. This generally happens when the serotonin and hormones are unbalanced. Your body doesn't know how to react to stress and you develop either bad diarrhea or constipation. If this continues, colitis can develop. This is where the colon actually starts to deteriorate. A condition called diverticulosis can also develop. This is when the intestine develops infected pouches or pockets in it.

In watching people over the years, I have found that their colon problems are due to a shortage of magnesium and acidophilus. I had irritable bowel syndrome for the first

part of my life. My mother and my sisters have had it as well. I think that it is possible that it is a genetic disorder that in some instances gives people a predisposition to it.

Irritable bowel syndrome is a disorder characterized most frequently by cramping, abdominal pain, bloating, constipation and diarrhea. IBS causes a great deal of discomfort and distress, but it does not permanently harm the intestines and does not lead to a serious disease, such as cancer. Most people can control their symptoms with diet, stress management and prescribed medications. However, for some people IBS can be disabling. They may be unable to work, attend social events, or even travel short distances.

As many as 20 percent of the adult population (or one in five Americans), have symptoms of IBS, making it one of the most common disorders diagnosed by doctors. It occurs more often in women than in men and it begins before the age of 35 in about 50 percent of people.

Abdominal pain, bloating and discomfort are the main symptoms of IBS. However, symptoms can vary. Some people have constipation. Often these people report straining and cramping when trying to have a bowel movement but cannot eliminate any stool. If they are able to have a bowel movement, there may be mucus in it, which is a fluid that moistens and protect passages in the digestive system. Some people with IBS experience diarrhea with frequent, loose, watery, stools. People with diarrhea frequently feel an urgent and uncontrollable need to have a bowel movement. Other people with IBS alternate between constipation and diarrhea. Sometimes people find that their symptoms subside for a few months and then return, while others report a constant worsening of symptoms over time.

Irritable Bowel Syndrome-Causes

Researchers have yet to discover specific causes for IBS. One theory is that people who suffer from IBS have a colon that is particularly sensitive and reactive to certain foods and stress. The immune system (which fights infection), may also be involved.

Normal mobility may not be present in the colon of a person who has IBS. It can be spasmodic or can even stop working temporarily.

In IBS, the lining of the stomach called the epithelium can be affected by disorders in the immune and nervous systems. The epithelium regulates the flow of fluids in and out of the colon. In IBS, the contents inside the colon move too quickly and the colon loses its ability to absorb fluids. The result is too much fluid in the stool. In other people, the movement inside the colon is too slow, which causes extra fluid to be absorbed. As a result, the person develops constipation and the person does not get enough nutrition.

They are being mildly poisoned because of the constipation. In yet other instances a person's colon may respond strongly to stimuli from certain foods or stress that would not bother most people. This means that the person may have food allergies.

Recent research has reported that serotonin is linked with normal gastrointestinal (GI) functioning. Serotonin is a neurotransmitter, or chemical, that delivers messages from one part of your body to another. Ninety-five percent of the serotonin in your body is located in the GI tract and the other 5 percent is found in the brain. Cells that line the inside of the bowel work as transporters and carry the serotonin out of the GI tract. People with IBS have diminished receptor activity, causing abnormal levels of serotonin to exist in the GI tract. As a result, they experience problems with bowel movement, motility and sensation—having more sensitive pain receptors in their GI tract.

Researchers have reported that IBS may be caused by a bacterial infection in the gastrointestinal tract. Studies show that people who have had gastroenteritis sometimes develop IBS, otherwise called post-infectious IBS.

Researchers have also found very mild celiac disease in some people with symptoms similar to IBS. People with celiac disease cannot digest gluten, a substance found in wheat, rye and barley. People with celiac disease cannot eat these foods without becoming very sick because their immune system responds by damaging the small intestine. A blood test can determine whether celiac disease may be present.

The overuse of antibiotics, antacids or laxatives may also be a factor.

Irritable Bowel Syndrome-Suggestions

Because of the associated pain, diarrhea, nausea and sometimes-severe headaches, a person with IBS may dread eating. Because of this, malnutrition may result because nutrients often are not absorbed properly. People with IBS require as much as 30% more protein than normal as well as an increased intake of minerals and trace elements which are quickly depleted by diarrhea.

Diagnosis of genuine IBS requires ruling out disorders that can cause similar symptoms. These disorders can be celiac disease, colon cancer, Crohn's disease, depression, diverticulitis, endometriosis, fecal impaction, food poisoning, infectious diarrhea, ulcerative colitis and lactose intolerance. The practitioner must be sure that they have scanned the body for the possibility of these other disorders. It is very important that the person follow up with their healthcare practitioner to be sure they do not have any of these disorders.

- One of the first things I suggest for a person that has irritable bowel syndrome is to discontinue their use of wheat-gluten products as well as dairy products.
- Avoid carbonated beverages, fried foods, grapefruit juices, spicy foods and avoid alcohol & tobacco.
- Increasing fiber in the diet can help.
- It is important that you suggest acidophilus for IBS.
- Liver cleanses.
- Liver Cleanse & Build by Lidke Technologies.

Irritable Bowel Syndrome-Supplements

- Protein drinks.
- Aloe Vera Juice.
- Noni juice.
- ALA.
- Goji juice.

Irritable Bowel Syndrome-Belief Systems

Belief Systems associated with IBS relate to mother and father issues. This means that most of the Belief Systems are likely to go back to childhood, with the possibility of sexual abuse.

Irritable Bowel Syndrome-Downloads

- I know how to live without feeling the earth is too much for me.
- I know how to live without feeling like the world is caving in on me.
- I know how to live without taking on other peoples "stuff."
- I know how to live without feeling the stress of others.
- I am safe.
- It is safe to be alive.
- I can deal with any situation at any time.
- I know what it feels like to feel safe in any situation.
- It is easy for me to adapt.
- It is easy for me to adjust.
- I am assertive.
- I can live without feeling overwhelmed.
- I can live without feeling attacked.
- I can live without being afraid.
- I can live without being afraid of doing something wrong.
- I know how to live without taking life so seriously that it makes me sick.
- I know how to live making quick and decisive decisions.

- Every day the Earth and its energy becomes easier for me.
- Every day in every way, I feel happier and lighter.
- I know that my decisions matter.
- I know how to make a decision.
- I know how to make a decision that is right for my family and me.
- I know how to live my life without bending to the thoughts and feelings of others.
- I know what it feels like to live my life without being afraid of hurting everyone's feelings around me.
- I know how to use my words wisely.
- I know how to let my body deal with stress easily and effortlessly.
- I know what it feels like to be without pain.
- I know what it feels like to live without having diarrhea ruin everything.
- I know what foods make me feel good.
- I know how to find the foods that make me feel healthy.

Irritable Bowel Syndrome-Dietary

It is suggested to cut back on the use of red meat. Use protein drinks instead of red meat. ALA is also helpful.

Kidney Disease (Renal Failure)

The kidneys play key roles in body function, not only by filtering the blood of uric acid and getting rid of waste products, but also by balancing levels of electrolytes in the body, controlling blood pressure and stimulating the production of red blood cells. Chronic kidney disease includes conditions that damage your kidneys and decrease their ability to keep you healthy by doing the functions mentioned. If kidney disease gets worse, wastes can build to high levels in the blood and make a person feel terrible. Complications that are caused by kidney disease are high blood pressure, anemia (low blood count), weak bones, poor nutritional health and nerve damage. Kidney disease increases the risk of having heart and blood vessel disease. These problems may happen slowly over a long time. Chronic kidney disease can be caused by diabetes, high blood pressure and other disorders. Early detection and treatment can often keep chronic kidney disease from getting worse. If left untreated, kidney disease may eventually lead to kidney failure, which requires dialysis or a kidney transplant to maintain life. Kidney damage can result from heavy exposure to drugs and toxins, heavy metals, chemotherapy and poisons. Kidney failure can be accompanied by many disorders such as congestive heart failure, diabetes, hypertension, lupus, sickle cell anemia and liver disease.

Kidney Disease-Types

Bright's disease is a kidney disease marked by the presence of blood protein in the urine along with retention of water in the tissues.

Glomrulonephritis is an inflammation of tiny blood vessels within the kidney that filter out wastes from the blood that can be a result of ideological response to infection such as a streptococcus throat infection.

Pyelonephritis is a kidney infection that may be caused by a birth defect.

Hydronephrosis is a condition in which the kidney and renal pelvis become filled with urine and can cause obstruction of urinary flow.

Polycystic kidney disease is an inherited disease in which cysts grow on the kidneys rendering them incapable of functioning.

Kidney stones are mineral accumulations in the kidneys.

Renal tubular acidosis is a disease that occurs when the kidneys fail to excrete acids into the urine, which causes a person's blood to remain too acidic. Without proper treatment, chronic acidity of the blood leads to growth retardation, kidney stones, bone disease, and progressive renal failure.

Kidney Disease-Edema

One key symptom of kidney problems is edema. Edema results when the kidneys produce less urine because they are unable to properly excrete salt and other wastes. As a result fluid builds up in the body. The hands and ankles swell and the person becomes short of breath. Toxic wastes may accumulate in the bloodstream causing edema. Symptoms of kidney problems include abdominal pain, appetite loss, back pain, chills, fever, fluid retention, urinary urgency and vomiting. The urine may be cloudy or bloody.

Kidney Disease-Considerations

- Conventional tests for kidney dysfunction involve the levels of protein, calcium, creatinine, hemoglobin phosphorus, potassium and urea.
- Lead and other metallic poisons are very harmful to the kidneys. Anyone who works with lead or who is exposed to lead regularly should take precautions to protect their kidneys from damage.
- With diabetes, high blood sugar, high blood pressure, or a family history of kidney disease, you may be at higher risk for kidney disease.
- Some infectious diseases such as measles, scarlet fever and tonsillitis can damage the kidneys if not treated properly.
- Studies have proven that the use of spirulina can reduce the effects of kidney poisoning caused by mercury and drugs.
- Human growth hormone treatment can improve kidney function.
- High doses of the painkiller ibuprofen can lead to kidney dysfunction.

Kidney Disease-Belief Systems

Belief Systems associated with the kidneys are old resentments and grudges that need to be cleared in order for the kidneys to function. If the kidney dysfunction was caused by toxins, then a simple Healing will clear the problem. However, if the kidney dysfunction is not caused by toxins it may require Belief Work in order to clear.

Things like medication and toxins can shut your kidneys down, but they can recover with Healings and a little bit of time. Kidney problems associated with emotions arise when you're very upset, when you're over judgmental and when you're angry with people. Resentment and old anger is stored in the kidneys. So if you're really angry, it affects the kidneys. Always look for the Beliefs of old resentments and grudges to get

the kidneys working again. This may take a little time because you must find the way that the resentment is serving them in order to completely clear the disorder.

Kidney Disease-Downloads

- I know how to live without resenting myself.
- I know how to live without resenting others.
- I know it is possible for me to communicate easily and effortlessly.
- I know how to get rid of the destructive energies that are in my life.
- I know how to live without taking on everyone else's emotions.
- I know how to live without being judgmental of others.
- I know what it feels like to have my body flow with happiness.
- I know what it feels like to communicate with others without having old resentments.
- I know what it feels like to follow through with ideas and plans.
- I know what it feels like to know I am important to God and that I matter.
- I know what it feels like to listen to others.
- I know what it feels like to live without the fear that my body is failing me.
- I live with the knowing that my body is getting stronger every day.
- I know how to live without accepting stress.
- I know the difference between the emotions that are caused by the kidneys and those that are normal.
- I know how to say no before a difficult situation begins.
- I know what it feels like without others taking advantage of me.
- I know how to be happy.
- I can breathe the breath of life.
- I know what it feels like to eat foods that are good for me.
- I know how to forgive my body.
- I know how to have gratitude that I am alive.
- I know what it feels like to fill every cell in my body with gratitude and love.
- I am in perfect harmony with my environment.

Kidney Disease-Herbs

- Celery and parsley are good natural diuretics. They help the body to get rid of uric acid. Be cautious of parsley because it speeds up the metabolism.
- Dandelion root tea helps the kidneys, but you should only use it for a few days at a time.
- Marshmallow tea helps to clean the kidneys.
- Cranberry juice is amazing for the kidneys.
- Juniper berries can be used as a restorative.

- Corn silk tea can be helpful.

Kidney Stones

Kidney stones are small, solid masses that form when salts or minerals normally found in urine become solid crystals (crystallize) inside the kidney. In most cases, the crystals are too tiny to be noticed and pass harmlessly out of the body. However, they can build up inside the kidney and form much larger stones. A kidney stone can be one of the most painful experiences that you will ever have. It is estimated that 10% of Americans develop a kidney stone once in their life. I believe that this is because our soil is so high in calcium and not enough in magnesium. Magnesium helps to balance out calcium buildup in the body.

If a stone becomes large enough, it may begin to move out of your kidney and progress through the ureters - the tubes that carry urine from the kidney to your bladder.

If it gets stuck in the ureter, this can cause an infection which can lead to permanent kidney damage.

Kidney Stones-Types

There are four types of kidney stones: calcium stones, uric acid stones, struvite stones and cystine stones. All the kidney stones are composed of different minerals.

About 80% of all kidney stones are **calcium oxalate stones**. High blood calcium levels can also result from malfunctioning parathyroid glands, vitamin D intoxication and multiple myeloma.

Uric acid stones occur when the volume of urine excreted is too low or blood levels of uric acid are too high.

Struvite stones are unrelated to metabolism and are caused by infection. Women generally get these kinds of stones.

Cystine stones are caused by a rare condition where the stones are composed of the amino acid cystine.

Calcium stones can run in families because of genetic factors. There seems to be a problem in these people with the absorption of oxalate. Also, people who have Crohn's disease or irritable bowel syndrome may have an increased risk of kidney stones as well. This is also due to oxalate adsorption and excretion.

Depending on where they are located, kidney stones are also known as renal calculi,

urinary calculi, urinary tract stone disease, nephrolithiasis, urolithiasis and ureterolithiasis.

Kidney stones are much more common in the present day than they were at the beginning of the 20 century. This may be due to an increase in higher levels of animal fats and proteins in an average American's diet. Chances are 50% that if you have had one kidney stone you will have another in the next 10 years.

Kidneys Stones- Emotions

Kidney problems arise when you're very upset, when you're over judgmental and when you're angry with people. Anger and resentment is stored in the kidneys. So if you're really angry, it affects the kidneys. This anger is not necessarily at others but at oneself. Kidney stones are caused by the lack of minerals in the body, or the imbalance of minerals in the body. Anytime that you have difficulties with minerals, it is likely associated with Belief Systems pertaining to communication and anger with the Creator.

Kidneys Stones-Intuitive Remedies

I had a woman call me up in intense pain because of her kidney stones. She was going to get an operation the next day and she was not sure she was going to make it through the night because of the pain. I went up, connected to the Creator and witnessed that the stones be dissolved. She was out of pain immediately and did not require surgery the next day. Even though she did not like me that much, (and still doesn't) her kidney stone still disappeared. This goes to show you that if you believe, it will work.

Going in and imagining the kidney stones breaking up and dissolving into small tiny pieces is a very effective way to remove kidney stones.

Kidney Infection

Act upon a kidney infection the same way you would a bladder infection; witness the Creator scraping the infection out of the kidneys, pulling it down and out of the body.

Kidneys Stones-Dietary

- Increase the consumption of foods rich in vitamin A. Vitamin A is beneficial in the urinary tract and helps to discourage the formation of stones. Good sources of vitamin A include alfalfa, apricots, carrots, pumpkin and squash.
- Reduce your intake of potassium phosphate.
- Reduce consumption of animal protein.
- Balance your magnesium calcium intake.
- To relieve kidney pain, one half of a lemon squeezed into a glass of water will

help.

- Strangely enough, drinking coffee can lower your risk of kidney stones, while drinking grapefruit juice can raise the risk of kidney stones.

Kidneys Stones-Supplements

- Magnesium.
- Vitamin B complex.
- Vitamin C.
- Vitamin A.
- Vitamin E.
- L-Arginine.
- 100 mg of zinc daily can inhibit the formation of kidney stones.

Kidneys Stones-Herbs

- Aloe Vera Juice.
- Marshmallow extract.
- Uva-ursi.
- Horse tail.
- Gravel root.
- You may advise your clients to use Breakstone Tea to help with kidneys, as well as the liver cleanse.

Knee Problems

Knee problems create a substantial amount of work for healers. Ask the Creator where you need to go into the knee to put the knee back where it should be and witness the knee put back in place. Scrape out any excess deposits if need be. Always clarify which knee needs to be worked on as you may be mistaken which side of the body you are observing. The left knee may have something to do with the feminine side of the person. The right knee is their lack of desire for wanting to go forward. You will find that there is a direct correlation between the knees and the kidneys. Healing disorders of the kidneys will heal disorders of the knees.

Lead Poisoning

Lead, mercury and aluminum are three of the most prevalent heavy metals that I see in clients. Lead is one of the most toxic metal contaminants known. It is a "cumulative" poison that is retained in the body. When it finally leaves the bloodstream, it is stored along with other minerals in the bones, where it continues to build up over a lifetime. From its place in the bones, it can then re-enter the bloodstream at any time as a result of severe biological stress, such as renal failure, pregnancy, menopause, or prolonged immobilization or illness. Lead reacts with selenium and sulfur containing antioxidant enzymes in the cells, seriously diminishing the ability of these substances to protect against free radical damage. The body cannot distinguish between calcium and lead. Once it enters the body, it is assimilated in the same manner as calcium.

Lead is much more harmful to children than adults because it can affect children's developing nerves and brains. The younger the child, the more harmful lead can be. Unborn children are the most vulnerable. When a person swallows a lead object or inhales lead dust, some of the poison can stay in the body and cause serious health problems. A single high, toxic dose of lead can cause severe emergency symptoms. It is more common for lead poisoning to build up slowly over time. This occurs from repeated exposure to small amounts of lead. In this case, there may not be any obvious symptoms, but the lead can still cause serious health problems over time, such as difficulty sleeping or lowered IQ in children. Children get lead in their bodies when they put lead objects in their mouths, especially if they swallow the lead object. They can even get lead poison on their fingers from touching a dusty or peeling lead object and then putting their fingers in their mouths or eating food afterward. Testing has shown that many children have elevated levels of lead in their blood. Overall, about 1 in 20 preschoolers have high levels of lead in their blood. Children living in cities or older houses are more likely to have high levels.

Lead Poisoning-Sources

Lead is found in some of the following sources:

- House paint before 1978. Even if the paint is not peeling, it can be a hazard. Lead paint is very dangerous when it is being stripped or sanded. These actions release fine lead dust into the air. Infants and children living in pre-1960's housing (when paint often contained lead) have the highest risk of lead

poisoning. Small children often swallow paint chips or dust from lead-based paint.

- Toys and furniture painted before 1976.
- Painted toys and decorations made outside the U.S.
- Lead bullets, fishing sinkers, curtain weights.
- Plumbing, pipes, faucets. Lead can be found in drinking water in homes whose pipes were connected with lead solder. While new building codes require lead-free solder, lead is still found in some modern faucets.
- Soil contaminated by decades of car exhaust or years of house paint scrapings. Thus, lead is more common in soil near highways and houses.
- Hobbies involving soldering, stained glass, jewelry making, art supplies, pottery glazing, miniature lead figures (always look at labels).
- Pewter pitchers and dinnerware.
- Storage batteries.

Lead Poisoning-Symptoms

There are many symptoms of lead poisoning. Lead can affect many different parts of the body. Over time, even low levels of lead exposure can harm a child's mental development. The possible health problems get worse as the level of lead in the blood gets higher. Possible complications include:

- Reduced IQ.
- Slowed body growth.
- Hearing problems.
- Behavior or attention problems.
- Failure at school.
- Kidney damage.
- Irritability.
- Aggressive behavior.
- Low appetite and energy.
- Difficulty sleeping.
- Headaches.
- Reduced sensations.
- Loss of previous developmental skills (in young children).
- Anemia.
- Constipation.

- Abdominal pain and cramping (usually the first sign of a high, toxic dose of lead poison).
- Very high levels may cause vomiting, staggering gait, muscle weakness, seizures, or coma.

Lead Poisoning-Preventatives

- Look for food cans that are sealed without lead.
- Wash your children's hands and be careful where they play.
- Have your water tested.
- Never use the first water drawn from your tap. Let it run for at least three minutes.
- Never boil water longer than necessary, because this will concentrate contaminants including lead.
- Be careful when buying imported ceramics, imported toys and anything painted from countries that do not have the same standards as the U.S.
- Be careful of drinking hot beverages from lead glazed ceramic cups.
- Do not use lead glass crystal for foods.
- Do not turn bread bags inside out and use them, because the ink may be lead based.
- If you drink wine, always wipe the mouth of the bottle with a damp cloth before pouring, due to the foil wrappers around the cork that are made of lead.
- Always check the labels when purchasing foreign-made products such as eye-makeup. Some of these products may contain as much as 99% lead oxide.

Lead Poisoning-Considerations

- Succimer is a drug that may be prescribed to chelate lead from children.
- Chelation with EDTA can prevent accumulation of lead. However, EDTA will strip the body of minerals that are beneficial, so it is best to use supplements along with it.
- ALA is less invasive than EDTA and is very effective. It should be used with Omega 3s.
- Hair analysis is a method that can be used to detect heavy metal toxicity.
- Anyone who grows crops or garden produce near busy roads or highways should check the lead level in the soil.
- Any building 50 years or older should be inspected by a professional and if there is lead-based paint on the walls it should be removed by someone with the proper expertise and equipment.
- Many hair colorings used by men are lead-based.

Lead Poisoning-Healing

In a Healing, never command that all the lead to be pulled out of the body. Any heavy metal in the body should be pulled out gently and gradually, not all at once. If you pull out all the lead that is in the bones it will be sent into the bloodstream to be flushed out the urine, the shock to the system might be too great. It is best to use supplements to gently and easily pull out lead from the system. Ask the Creator what to do and to "Show me." The heavy-metal lead is drawn to people in need of nurturing. These people are receiving artificial nurturing from the people around them. Their friends and family are saying things to them, but they do not really mean what they say and do. This means that the people around them are paying lip service to the other family member, but they are not genuine. They also have a tendency to be a little depressed because they are not being nurtured. They desperately need love and nurturing. This situation creates a kind of weakness and makes the person open for lead poisoning.

Receptors for lead are the same as the receptors for calcium in the body. Lead poisoning makes the bones very weak. Children are more susceptible to lead poisoning than adults are. The key to avoiding lead poisoning in children is more love and more connection to the family. The child has to know that they are involved and nurtured.

Lead Poisoning- Downloads

- I know what it feels like to be supported and loved.
- I know what it feels like to have structure in my life.
- I know what it feels like to be totally connected to God.
- I know I am important.
- I know how to live without others taking advantage of me.
- I know what it feels like to draw people that are for my highest and best.
- I know how to pick my friends wisely.
- I know what it feels like to be always connected to the Creator.
- I am always supported by the universe.
- I know how to take vitamins, minerals and foods that will make me strong.
- My body absorbs calcium and magnesium in the highest and best way.
- I know what it feels like to permit any lead to leave my body easily and effortlessly without any problems or stress.
- I know what it feels like to build my body back to youth and vitality.
- I can function without depression.
- I know my body is strong and I can have joy.
- With each day, I have patience in the knowledge that I am becoming stronger.
- With each day I feel the Creator's love more.

Lead Poisoning-Supplements

- ALA with Omega 3s.
- Apple pectin.
- Zinc 80 mgs daily.
- Selenium 200 mcgs daily.
- Lecithin.
- Amino acids.
- Vitamin C.
- Calcium magnesium.

Legionnaires Disease

Legionnaires disease is a serious lung and bronchial tube infection caused by a bacteria. The bacteria live primarily in water and are transmitted through airborne vapor droplets. It can also be found in excavation sites of newly plowed soil. The incubation period is from two to ten days after exposure. The disease does not spread from one person to another. The first signs and symptoms may resemble those of the flu; aches and pains, fatigue, headache and moderate fever. The disease then progresses to include a high fever and chills, coughing, diarrhea, disorientation, nausea and vomiting, severe chest pain, shortness of breath and because of inadequate oxygen, a bluish tinge to the nails and skin. The risk of contracting legionnaire's disease increases with those in poor health, the very young, or the very old.

Legionnaires Disease-Preventative

It is wise to have the heating and cooling systems checked in your home and in your workplace so that Legionnaires disease is not spread through the venting systems.

Legionnaires Disease-Healing

I have worked on Legionnaires disease a few times. I worked with these people during and after the disease had run its course. I witnessed a Healing on their lungs and depleted systems. Always ask the Creator what should be done. Witness the lungs heal.

Legionnaires Disease-Supplements

Supplements that can help are vitamin C, beta carotene, amino acids, raw thymus glandular, proflavanols to rebuild the structure of the lung, slippery elm tea, echinacea and olive leaf extract. Change the diet to eliminate wheat and dairy products.

The Liver

The liver is responsible for over five hundred functions in the body. The liver produces cholesterol and bile from the breakdown of dietary fat and old red blood cells. Using amino acids, it makes proteins and stores iron, glycogen and vitamins. It also removes substances such as poisons and waste products from the blood, excreting or converting them to safer substances.

When the liver becomes inundated with toxins, it can no longer function correctly. This in turn will cause imbalances in your hormones that regulate sexual behavior, growth and the flow of serotonin. The Taoists teach that if the liver and kidneys are clean, man will not age. Due to all of the toxins and pollutions in our environment, our livers are overworked. If your liver is functioning, your body will be strong and healthy.

To keep the gallbladder and liver functioning correctly, I offer you the excellent liver cleanse listed below. Read the instructions carefully and of course, go up and ask the Creator if is this is right for you.

Gallbladder/Liver Cleanse!

This cleanse should not be used by those that have hepatitis or cirrhosis of the liver.

As with any cleanse, this is a suggestion only, and those that use it should be cautious as it can be powerful.

1. First day of cleanse. Take an herbal laxative in the evening.

2. Each morning for the next three days: (Day 2-4) Place one hundred (100) drops of Ortho-Phos in a quart of high-quality apple juice and drink during the morning. During these three days you do not need to alter your diet. If for some reason you can not drink apple juice, place 135 drops of Ortho-Phos in a quart of water and drink during the morning. These drops are the basis of the cleanse; if you do not want to take the drops do not participate in this Program. So overall, you are going to take 3 quarts of apple juice and 300 drops during this 3 day period.

3. On the evening of the fourth day, eat supper at an early time. Then about an hour before your normal bedtime take a cup of olive oil, a cup of coke and 1 whole lemon squeezed. Use a high-quality olive oil, one that is cold pressed. Stir these three ingredients together and drink. The coke is used to help swallow the olive oil. Without the coke, the olive oil is very hard to swallow. You will find the coke and lemon make the olive oil almost tasteless.

4. Immediately after you drink the olive oil mixture, go to bed. Put your knees up to your chest. Lie on your right side for half an hour. This will cause the oil to go directly to the gallbladder and liver. These organs will not know what to do with all that oil, so they will spasm and throw off stones. Then you are free to get up and do as you wish. By taking this oil mixture, you empty the system of its old bile, making new bile. The system, which normally recycles its bile, is forced to make new bile without the old toxins.

5. Take an herbal laxative that evening so that you will eliminate the next morning. This will help flush the stones out of the colon. Actually, you should do this step before you begin the Program. The cleaner your colon is the easier it is to flush stones.

6. Consider taking a colonic two days after the flush.

7. Frequency: If you are very sick with a challenge (such as cancer), consider doing this once a month for a few months. Everyone's system is different; therefore, there are no absolute in principles. For prevention, repeat this cleanse at least once a year.

Note: Ortho-Phos can be purchased from Harvest Moon Natural Foods, 2113-A E. 151 Street, Olathe, KS 66062, (913) 782-7562. Ortho-Phos is a brand name for orthophosphoric acid.

Epsom Salt Variation

The Epsom salt keeps the bowels moving so any remaining toxins are not left in the body causing ill side effects.

1. Take two tablespoons of Epsom salt. On the third day of the liver flush, two hours after lunch, dissolve two tablespoons of Epsom salt in three ounces of water and drink. If you find the taste intolerable, add a little citrus juice.

2. Evening dose. Five hours after lunch dissolve one tablespoon of Epsom salt in three ounces of water and drink.

3. The next morning, take one tablespoon of Epsom salt dissolved in three ounces of water and drink it.

Note to reader, this cleanse is intended as an informational guide. The remedy, approaches and technique described herein are meant to supplement and not to be a substitute for, professional medical care or treatment. It should not be used to treat a serious aliment without prior consultation with a qualified healthcare professional.

The drops for this cleanse are carried at a variety of health food stores.

The Liver-Downloads-Beliefs

Many of the following Downloads will be very beneficial to strengthen and cleanse the liver.

- I know what it feels like to live without other people's anger affecting me.
- I know how to live without carrying old anger.
- I know what it feels like to live without carrying old resentment.
- I know what it feels like to recognize the things in my life that serve me.
- I know what love feels like.
- I know what joy feels like.
- With each day, my body becomes stronger.
- I love my body.
- I know when to say no.
- I know I am living in a world where I am responsible and accountable for my own connection to God.
- I am accountable for my commitments to others.
- I know how to live without my family members taking advantage of me.
- I appreciate and love myself.
- With each passing day, I appreciate and love life more.
- I am totally connected to God.
- My liver regulates all my hormones easily and effortlessly.
- I respect and love my body.
- I clean toxins from my body easily and effortlessly.
- I love my liver.
- I know how to live without sickness.
- I know how to live without sickness as a challenge.
- My immune system works in harmony.
- I know how to live without being obsessed.

Lou Gehrig's Disease

Lou Gehrig's disease is a disorder that's also called amyotrophic lateral sclerosis. Lou Gehrig's disease damages motor neurons in the brain and spinal cord. Motor neurons are nerve cells that control muscle movement. Upper motor neurons send messages from the brain to the spinal cord and lower motor neurons send messages from the spinal cord to the muscles. Motor neurons are an important part of the body's neuromuscular system. The neuromuscular system enables our bodies to move and is made up of the brain, many nerves and muscles. Things that we do every day such as breathing, walking, running, lifting stuff and even reaching for a glass of water are all controlled

by the neuromuscular system.

This affliction causes disruption in the nervous system. Aluminum poisoning is one of the key factors in causing this challenge. I believe that a Mycoplasma is going into the myelin sheath and the T- cells are attacking the mitochondria of the myelin sheath. The T-cells are doing their jobs, but causing an enormous amount of damage. Doctors can only try to suppress them before too much damage is done. Lack of vitamin E can also cause this disorder.

Lou Gehrig's Disease-Intuitive Insights

In all the time I have worked with Lou Gehrig's disease the most prevalent problem is the spouse of the client. The spouse always brings them in. In order to successfully work with this disease you need to find the Beliefs that are keeping them blocked and the spouse is in utter denial about their partner's problems. The spouse usually says that life is good and everything is under control. The Beliefs are very close to those in MS. However, it is usually the spouse that brings them in and they will not talk about any deep feelings around the spouse. The only thing that they will say is that they are perfectly happy and all is fine in their life. This is why you must somehow get the client alone. Then you can find the deepest feelings. Don't be surprised if you find an enormous amount of resentment, anger and out of control feelings. People with Lou Gehrig's are very stubborn.

See extra beliefs in MS section.

Lou Gehrig's-Downloads-Beliefs

- I know what it feels like to express my own feelings.
- I know what it feels like to live without taking on the entire world.
- I know what it feels like to live without believing that I have to take care of everyone close to me.
- I know what it feels like to live without being responsible for everything that goes wrong.
- I know how to live without pretending.
- I know what it feels like to be accountable.
- I know what it feels like to be responsible.
- I know what it feels like to permit others to have their own responsibility and happiness.
- I know what it feels like to express myself without pretending.
- I know what it feels like to live without pretending that I am happy.
- It is safe for me to be alive.
- I have control of myself and my body.

Lou Gehrig's Disease-Supplements or Other Remedies:

- Add vitamin E to the diet. Suggest a detoxification program for heavy metals. Witness a Healing and ask the Creator to "show you."

Lupus

Lupus is a chronic inflammatory disease that can affect many of the body's organs. It is an auto immune disease that occurs when the immune mechanism forms antibodies that attack the body's own tissues. Many experts believe that it is due to an unidentified virus. I believe that it is due to a micro-plasma of some sort that gets inside the cells and connective tissues. This causes the immune system to develop antibodies to resist the virus that in turn, attack the bodies' connective tissue. I believe that it can come from more than one source. One place I believe that it comes from is a micro plasma from a petroleum-based product such as breast implants, or secondly from breathing fumes from petroleum-based products. I have noticed that people who do manicures tend to get Lupus because of the cryo-acrylic glues used for the nails. If you have lupus, your immune system attacks healthy cells and tissues by mistake. This can damage your joints, skin, blood vessels and organs. There are many kinds of lupus.

- The most common type, systemic lupus erythematosus, affects many parts of the body.
- Discoid lupus causes a rash that doesn't go away.
- Subacute cutaneous lupus causes sores after being out in the sun. Another type can be caused by medication.
- Neonatal lupus, which is rare, affects newborns.

Anyone can get lupus, but women are most at risk. Lupus is also more common in African American, Hispanic, Asian and Native American women. The cause of lupus is not known to conventional medicine.

Lupus has many symptoms:

- Joint pain or swelling
- Muscle pain
- Fever with no known cause
- Red rashes, often on the face (also called the "butterfly rash")

Lupus-Conventional medicine

Conventional medicine treats lupus with steroids. Unfortunately, this treatment can sometimes be as detrimental as the disease itself. Cortisone treatment can cause the person to have problems with their heart, mental stability and auto-immune system.

Lupus-Intuitive Insights

I believe that it can depend upon our Beliefs as to how certain substances and diseases are drawn to us. These Beliefs do not necessarily need to be negative; they can be positive beliefs as well. When you do Belief Work with the person, you need to be aware that some of the Belief structures will be positive in nature. This can be true with those that have lupus. Lupus is one disease where the disease is definitely drawn to the person because of their personality type.

People with lupus should change their environment to one that is toxin free . If they are nurses they are going to have to wear masks more often when they are around plastic gloves. If they are fingernail technicians, tell them to get a hepa-filter for their working room (and a couple of other filters) so they don't have to breathe any fumes.

Micro-plasmas are found in Lupus, caused by molecules from petroleum products. These products can be found in nail or hair chemicals, lead and nickel. Ask the person if they have inhaled fumes from petroleum products. It is believed that the plastic in breast implants cause a new form of lupus. This is when the body is rejecting the plastic implants. In most instances I will tell the person to have the breast implants removed, but for some women this is not an option. If they are going to keep the breast implants, the person should do a Healing in Theta and tell their body to accept them. In Lupus, the immune system is NOT attacking itself; it is attacking the micro plasma that doctors can't see. This is a very painful disease.

Lupus-Belief Systems

Lupus comes with its own emotion and actually takes over some of the emotions of the person that has it. If you work with somebody with Lupus, good luck. They are the most stubborn and argumentative people I have ever seen. The reason for this is because the connective tissue is being attacked, which is keeping them from being able to flow with life. Teach them what it feels like to flow with life, that people are there to help them and do some work on love issues so their joints can stay clean.

People with lupus do not believe anything is their fault. They believe that they should have no physical problems and they have nothing to work on pertaining to emotional beliefs.

Lupus-Downloads-Beliefs: Programs of "I am not good enough," anger at the world and anger at people. Issues of communication, how to set boundaries, and feelings about the Creator.

Worthiness issues, teaching them that they are worthy of change, worthy to heal and that its possible, and that they can heal without guilt.

Lupus-Downloads-Beliefs

- The past is cleared and I can go forward.
- I know what it feels like to have strength in my body.
- All my connective tissue is perfect.
- All my joints are perfect.
- I know what it feels like to live without being angry at the world.
- I know what it feels like to live without having to fight for everything that I am.
- I know what it feels like to live without being overly critical of others.
- I know what it feels like to live without letting others irritate me.
- I know it feels like to take accountability for my life.
- I know what it feels like to go with the flow of life and to allow others to love me.
- I know what it feels like to live without having to argue all the time.
- I know what it feels like to live without having to argue with myself.
- I know what it feels like to allow life to move with me.
- I know what it feels like to be flexible and enjoy life.
- I am important.
- I am strong.
- I am healthy.
- I know how to live without feeling guilty for other people's decisions.
- I know what it feels like to live without carrying the responsibilities of others.
- I can move forward.
- I can receive love without falling apart.
- I know what it feels like to receive health.
- I know how to teach the people around me how to be accountable without falling apart.
- I know how to accept help from others without being pushed into it.
- I know what it feels like for my body to move easily and effortlessly.
- I know how to live without feeling guilty for what others do.
- I am worthy of change.
- I am worthy of love.
- With each passing day, my body gets stronger.
- I know how to live without giving up hope.
- I know how to live without accepting everything the doctor says.
- I know how to live without expecting my body to fall apart.
- I know how to use my creative will power.
- I see possibilities in the highest and best way.
- I move with ease and grace without pain.
- I know what it feels like to live without pain.

- I know what it feels like to live without being overly aggressive.
- I know what it feels like to live without feeling threatened.

Lupus-Intuitive Remedy

When I first go into the body of a person that has lupus, I watch the petroleum based energies move out of the joints and command an instant Healing.

Lupus is a micro-plasma type of virus bacterial energy that moves through the joints. You can actually go in and scoop it out of the joints. When you command a Healing you'll see it come out of the joints.

Find the micro plasma and work on the DNA that may be damaged. The Creator will show you. Witness the work.

Lupus-Supplements or Other Remedies

People with lupus are low on lipids and they need Omega 3's. They should consider the use of ALA. Their doctor may argue with them on this because it is an anti-oxidant, but usually most doctors will let them take it because they've found that it works well. They have also found that DHEA helps some people with Lupus and MS. If the person is going to a doctor at the same time that I am seeing them, I will tell them to go to their doctor and ask if they can use ALA and DHEA with their cortisone treatment.

Things that stimulate the immune system will cause the body to go into detox. You have to get the person out of their Lupus symptoms first, so you do not want to give them too many different herbal supplements. People that have Lupus do well with DHEA, ALA, Omega 3's, vitamin supplements and amino acid supplements.

Lupus-Supplements

- Apple cider vinegar.
- Noni.
- Calcium-magnesium.
- Amino acids.
- Vitamin C.
- Essential fatty acids.
- DHEA.
- Copper and zinc.
- Acidophilus.
- Stinging nettle.

- Grape seed extract.
- Vitamin E.
- No bread or dairy.
- CoQ10.

Lymes Disease

One of the sickest people I have ever seen was a woman that I worked with that had medically untreatable Lymes disease that caused her to have intense arthritis pain, adrenal dysfunction, diabetes, cancer, blood clots and more. Lymes Disease is caused by a bite from a deer tick that infects the host with the Borrellia bacteria of the spirochete class. People can become infected through ticks being carried by pets into the home. Once a tick bites a host it becomes attached to the flesh, burrowing into tissue. The longer the tick is attached, the greater the risk of Lymes being contracted from the parasite.

It makes the infected person very sick and gives symptoms like asthma, arthritis and over-all body aches. In many instances, Lymes Disease is mistaken for fibromyalgia. The medical test for Lymes Disease can be inconclusive in that you may not come up positive for Lymes Disease in the first test or even the second.

The disease became obvious in 1975 when mothers of a group of children in Lymes, Connecticut, made researchers aware that their children were diagnosed with rheumatoid arthritis. The unusual grouping of illness that appeared "rheumatoid" led researchers to the identification of the bacterial cause of the children's condition, what came to be called "Lymes disease" in 1982. Lymes disease has been reported most often in the northeastern United States, but it has been reported in all 50 states, as well as China, Europe, Japan, Australia and the parts of the former Soviet Union.

Lymes Disease is very common around the northern part of the US by the Great Lakes area, but it's everywhere, especially in Idaho and California. I've found that to work on Lymes Disease you've got to know it actually is Lymes Disease. Many people start with asthma and arthritis symptoms. It is mistaken for fibromyalgia and it is easy to miss the spirochete bacteria in tests and a clear diagnoses is made only about 35% of the time. The disease is mistaken for other disorders.

Spirochete bacteria die off very slowly in the body even with antibiotics. Lymes Disease causes swelling and can create diabetes if not diagnosed right away. Lymes Disease is treated by antibiotics – tetracycline. If caught in its early stages before damage is done to the bodies systems, Lymes is medically curable. If the antibiotic is going to be

effective, the patient must take the full course of prescribed treatment. There is also a vaccine for Lymes, but it is not 100% effective.

Lymes Disease-Symptoms

A red, circular lesion with a hole in the center on the skin is the first indication of a tick bite. There may be an outer ring of brighter redness and a central area of clearing, leading to a "bulls-eye" appearance. This classic initial rash is called "erythema migrans." More than one in four patients never get a rash. Symptoms vary from person to person, however the following symptoms pervade in most people with Lymes:

At first, there are flu like symptoms and later in the diseases possible abnormalities in the joints heart and nervous system.

Lymes disease has three phases of symptoms:

- Early localized disease with skin inflammation.
- Early disseminated disease with heart and nervous system involvement, including palsies and meningitis. It can also cause disease in the joints, heart and nervous system.
- Early Localized Disease has symptoms of fatigue, muscle and joint stiffness, swollen glands and headache.

Late Disease: The later phases of Lymes disease can affect the heart, causing inflammation of the heart muscle, causing abnormal heart rhythm and heart failure. The nervous system can develop Bells Palsy, meningitis and confusion. Inflammation in the joints can be accompanied by swelling, stiffness and pain most commonly the knees. The arthritis of Lymes disease can act like many other types of inflammatory arthritis and can become chronic. Lymes lowers the immune system, making the person susceptible to other diseases.

Lymes Disease-Intuitive Insights

The spirochete bacteria gives the person the feeling that there is no help and no cure for their condition. Because of the broadcast of feelings that the bacteria sends to the person, the person will not complete the antibiotic regimen or herbal suggestion and the bacteria settles into a symbiotic, parasitical synthesis with the host. The person will tell their health care professional that the medicine is not working. This is the disease talking, not the person. I can tell when someone has Lymes disease when they sit down in front of me and tell me nothing has worked for them. They also tell me that they are completely falling apart. The thought forms that are broadcast to the host are feelings

of hopelessness. If the person was persistent and took the medicine that they needed to cure the disease they would be better. One of the tests that I use if I suspect Lymes is to go in to the body and ask the Creator to show me the spirochete bacteria. Seen intuitively in the body, it will appear as a parasite-like bacteria that has funny little hooks as it floats through the bloodstream. Lymes looks like a yellow color on top of the blood plasma.

Once I believe it is Lymes, I will work on their Belief Systems of "Nothing ever works for me," "I have no hope," "I am falling apart" and "No one can help me."

In many instances, they either have no relationship, or are in a relationship with a partner that they are incapable of loving due to the disease. They stay in the relationship because of the feelings that they cannot change anything in their life. I train people with Lymes to use ThetaHealing on themselves and others and to do continual Healings and Belief Work on themselves. This raises them out of the spiraling dilemma they are in by expanding their personal paradigm by Healing themselves and other people.

Lymes-Intuitive Remedy

- Command it to be gone. God will show you. Work on the beliefs of:
- "Nothing ever works for me," "I have no hope," "I am falling apart" and "No one can help me."

Lymes-Downloads-Beliefs

- I know what it feels like to have hope.
- I know God's definition of hope.
- I know how to live without falling apart.
- I know how to live without giving up.
- I have perseverance.
- I know what it feels like to live my day-to-day life with joy, hope and love for myself.
- I know how to set boundaries.
- I know how to live without others taking advantage of me.
- I am never trapped.
- I can make my own decisions.
- I have possibilities.
- I know how to do things without being abused, hurt or taken advantage of.
- I know what it feels like to be able to follow through with decisions.
- I know how to live without the feeling of hopelessness.
- I know what it feels like to live my life without the fear of doctors.
- I know what it feels like to know what is going on with my body.

- I know what it feels like to live without having to have a diagnosis to get better.
- I know what it feels like to live without thinking that nothing ever works.
- I know what it feels like to have a good relationship and to be loved.
- I know what it feels like to have time for myself without my body falling apart.
- I appreciate and love my body for its endurance.
- I appreciate and love all that my body does for me.
- With each passing day, I have more energy, in every way.
- I know what it feels like to be listened to.
- I know what it feels like to live without expecting the most negative outcome.
- With each passing day, I feel more positive about my life.
- I respect and identify with the strength that is within myself.
- I feel good when I help others.
- I am allowed to help others.
- I have good judgment.
- I know how to live without listening to the Lymes disease.
- I know how to follow through and take any vitamins and supplements that are good for me.
- Nothing can deter me from becoming a success.

Lymes-Supplements or Other Remedies:

- Multivitamins-multi-minerals-amino acids.
- Chlorophyll.
- Apple cider vinegar and water.
- Conventional medicine-Antibiotics.
- Water of life Copper.
- Oregano Capsules for an extended period of time.
- Alkaline the body.

The Lymph System

The Lymph System is used to carrying waste away from the cells, to release fat and to fight infections and parasites. The lymph is the bodies clearing and defense system. The tonsils are part of the lymph system. The spleen is part of the lymph system. The spleen removes old blood cells, produces white blood cells and sends iron to the kidneys. The spleen holds an extra blood supply in case of emergency. If you see a swollen spleen then there is generally a virus or infection.

The lymph system has to pump to clear itself. The lymph system treats a cancer like a virus and swells to encapsulate the cancer, but it gets through the encapsulation and spreads.

The lymph system is attached to every part of the body. It breaks down all the lipids, or fats, in the body. Any and all diseases of the immune system are held in the lymphatic system.

Lymph System-The Spleen

The spleen and thymus are part of the lymph system. The spleen carries an extra reserve of red blood cells and destroys red blood cells that still have nuclei in them (rogue cells). Vigorous movements pump the lymph system. The lymph system has a very quick delivery to everything in the body, so a lymph cancer can spread everywhere. If you do not move around enough, your lymph nodes become engorged and you can get more infections. Regular exercise prevents this. Think of your brain as the commander; the T-cells would be your lieutenants and the lymph system is your army. T-cells live as long as you live and are specialized. The specialized T-cells know how to fight a specific disease after they have been exposed to it. When they are exposed to it again, the specialized T-cells reawaken and start to reproduce. The Lymph System can hold the emotion of regrets, confrontation, as well as the feeling of helplessness. It also hold positive emotions such as setting boundaries, and knowing when to fight. People can become lost in regrets. Teach yourself the Creator's definition of forgiveness.

Lymph System-Beliefs

Help your immune system by downloading the Creator's definitions of these Downloads.

- I know how to take care of myself.
- I know how to take in the breath of life.
- I understand how to deal with confrontation.
- I know how to interact with others.
- I know how to fight for my right to be.
- I know how to say no.
- I know how to live without allowing people to take advantage of me.
- I know how to have people honor my boundaries.

Lymph System-Confrontation

When your brain is balanced and you have enough serotonin, confrontation is easily handled. Some people think that they are under constant attack all the time. This can create immune diseases in the lymph system. Many of the Belief Systems held in the lymph system have much in common with the same Beliefs of parasites, viruses and bacteria. Plus, if you have too much mercury, it makes you combative and possibly suicidal.

Lymph System-Confrontation Programs:

Download the Creator's definition of the following Programs.

- I know how to feel the joy of life.
- I know how to enjoy life.
- I know how to learn easily and effortlessly.
- I know what it feels like to assert myself.
- I know how to live without allowing confrontation to scare me.
- I know how to confront someone in the highest and best way.
- I know how to be aware of other people's feelings.
- I know how to be respectful and assertive at the same time.

Lymph System-Liver

The liver filters, cleans up and passes what it cannot break down to your kidneys and lymph system.

A clean liver keeps your blood and hormones balanced.

If you overwhelm your body with stress, the lymph system will get bogged down, which means you are more prone to infection. Weight lifters stay much healthier than others because their muscles move the toxins out.

The Lymph System works hand in hand with the Circulatory System.

Lymph System-Lymph Cleansers

- Apple cider vinegar (1 tablespoon in water or a vinaigrette).
- 1/2 lemon in water.
- Yellow light.
- Stanley Burrow's lemon cleanse.

Lymph System-Criteria for the Lymph System

Do not use under-wire bras that are too tight, as they cut off circulation to the lymph system. Avoid deodorants, as they are toxic to the system. If you drink a bit of chlorophyll everyday you will not need deodorants. Body odor is a good indicator of how toxic your body is. When you do cleansings, you emit a bad odor (except for the olive oil cleanse). Cancers cause different types of odors to emit from the body. Cancer cells can turn back into normal cells if the body goes back into balance. Gently cleanse out the toxins and suggest ALA. Overweight people have more odors because they are fighting a build up of toxins.

If you get cancer inside the Lymph System, it spreads everywhere. In that case, do

not give massages or lymphatic drainage as it would spread it even further. A Healing would be a better thing to do.

- Lymph System-Minerals to pull out heavy metals in the lymphatic system:
- Zinc pulls lead (but lowers copper levels if used in large amounts).
- Magnesium-calcium pulls lead and cadmium.
- Selenium pulls mercury from the body.

Lymph System-Diseases of the Blood

- Iron deficiency.
- Lymes disease.
- Hobo spiders.
- Ticks.
- Bee stings.
- Anemia.
- Leukemia.
- Non Hodgkin's Lymphoma.
- Blood cancer.

Lymph System-Diseases of the Blood & Lymphatic Systems

- Leukemia.
- Varicose veins and hemorrhoids.
- Cancer.

Macular Degeneration

Macular Degeneration that is related to age, is a chronic eye disease that occurs when tissue in the macula deteriorates. The macula is part of the retina that is responsible for central vision. The retina is the layer of tissue on the inside back wall of the eyeball. Degeneration of the macula causes blurred central vision or a blind spot in the center of the visual field. One of the first signs of macular degeneration may be a need for more light in close-up work. Fine print may become harder to read and street signs more difficult to recognize. There may be gray or blank spots that may mask the center of the visual field. The condition usually develops gradually, but sometimes progresses rapidly, leading to severe vision loss in one or both eyes.

Macular degeneration affects the central vision, but not peripheral vision. Because of this feature, it does not cause total blindness. However, the loss of clear central vision that is vital for reading, driving and doing detail work is adversely affected. Macular degeneration is the leading cause of severe vision loss in people age 60 and older.

Dry Macular Degeneration

Most people with macular degeneration have the dry form. The dry form may initially affect only one eye but, in most cases, both eyes become involved. Dry macular degeneration occurs when the RPE cells begin to atrophy and lose their pigment. The normally uniform reddish color of the macula takes on a mottled appearance because of the patchy loss of pigment. Drusen, which look like yellow dots, are fatty-like deposits that appear under the light-sensing cells in the retina. Symptoms of dry macular degeneration are as follows:

- The need for increasingly bright illumination when reading or doing close work.
- Increasing difficulty adapting to low levels of illumination, such as when entering a dimly lit restaurant.
- Increasing blurriness of printed words.
- A decrease in the intensity or brightness of colors.
- Difficulty recognizing faces.
- Gradual increase in the haziness of the overall vision.
- Blurred or blind spot in the center of your visual field combined with a profound drop in your central vision acuity.

Wet Macular Degeneration

Wet macular degeneration develops when new blood vessels grow from the choroid underneath the macular portion of the retina. These new vessels are called choroidal neovascularizations (CNVs). These vessels leak fluid or blood, which is why it's called wet macular degeneration. This causes your central vision to blur. Eyes with the wet form of macular degeneration almost always show signs of the dry form; that is drusen and mottled pigmentation of the retina. In addition, what should be straight lines in your sight become wavy or crooked and blank spots appear in your field of vision. With wet macular degeneration, the following symptoms may appear and they may progress rapidly:

- Visual distortions, such as straight lines appearing wavy or crooked, a doorway or street sign that seems out of whack, or objects appearing smaller or farther away than they should.
- A decrease in or loss of central vision.
- Central blurry spot.

Macular Degeneration-Belief Work

- Go up to the Seventh Plane and witness an instant healing. If there is not an instant healing, use the Belief Work.
- To work with this disorder, find out what they are afraid to see in their lives.
- Work with the person's fears of what they might see if their vision was perfect.
- Ask the person "What is the worst thing that would happen to you if you could see perfectly."
- Work on their self-esteem issues about how they feel about themselves.

Macular Degeneration-Downloads-Beliefs

- I know what it feels like to see.
- I know what it feels like to see clearly.
- I know that I'm safe.
- I have good judgment of what I see.
- Every organ in my body is working in perfect harmony.
- I am always rejuvenating.
- It is safe for my eyes to heal.
- I'm ready for my eyes to be better and stronger.
- It is possible for me to be back to perfection with my eyesight.
- I appreciate perfection.
- I appreciate everything the Creator does.
- I know how to live without the fear of losing my sight forever.

- I am connected to the Creator.
- With every day, in every way my body is stronger, happier and full of life.

Manic-Depression-Bi-Polar Disorder

Manic depressive refers to mood swings from overly "high" (manic) to overly "low" (depressed). Another name for manic-depressive illness is bipolar disorder. This refers to a person's mood alternating between "poles" of mania (highs) and depression (lows). Bipolar disorder is a brain disorder that causes unusual changes in the person's mood, energy and ability to function. In a manic stage, the person has an abundance of serotonin and other hormones. In the depressed stage, the person is low in serotonin and necessary hormones. These people are good artists and are very creative.

Different from the normal ups and downs that everyone goes through, the symptoms of bipolar disorder are severe. They can result in damaged relationships, poor job or school performance and even suicide. But there is good news: bipolar disorder can be treated and people with this illness can lead full and productive lives.

About 5.7 million American adults have bipolar disorder. Bipolar disorder typically develops in late adolescence or early adulthood. However, some people have their first symptoms during childhood and some develop them late in life. It is often not recognized as an illness and people may suffer for years before it is properly diagnosed and treated. Like diabetes or heart disease, bipolar disorder is a long-term illness that must be carefully managed throughout a person's life.

Bipolar disorder causes dramatic mood swings—from overly "high" and/or irritable to sad and hopeless and then back again, often with periods of normal mood in between. Severe changes in energy and behavior go along with these changes in mood. The periods of highs and lows are called episodes of mania and depression.

Manic-Depression-Symptoms of Mania

- Increased energy, activity and restlessness.
- Excessively "high," overly good, euphoric mood.
- Extreme irritability.
- Racing thoughts and talking very fast, jumping from one idea to another.
- Distractibility; can't concentrate well.
- Little sleep needed.
- Unrealistic beliefs in one's abilities and powers.
- Poor judgment.
- Spending sprees.

- A lasting period of behavior that is different from usual.
- Increased sexual drive.
- Abuse of drugs, particularly cocaine, alcohol and sleeping medications.
- Provocative, intrusive, or aggressive behavior.
- Denial that anything is wrong.

Manic-Depression-Symptoms of Depression

- Lasting sad, anxious, or empty mood.
- Feelings of hopelessness or pessimism.
- Feelings of guilt, worthlessness, or helplessness.
- Loss of interest or pleasure in activities once enjoyed, including sex.
- Decreased energy, a feeling of fatigue or of being "slowed down."
- Difficulty concentrating, remembering and making decisions.
- Restlessness or irritability.
- Sleeping too much, or can't sleep.
- Change in appetite and/or unintended weight loss or gain.
- Chronic pain or other persistent bodily symptoms that are not caused by physical illness or injury.
- Thoughts of death or suicide, or suicide attempts.

The person with bi-polar disorder will usually think it is everyone else's fault, not theirs. They think everyone else is out to get them. Their brain misfires with electrical pulses. The mother wants to push the child away because it is difficult to deal with the electrical pulses. Some people become very violent and the violence can escalate until they abuse the people they love.

Manic Depression-Medications

The use of the medication lithium can cause diarrhea, frequent urination, kidney dysfunction, hand tremors, thyroid enlargement, blurred vision and muscle twitching. Manic depressant disorder can be aggravated by an over growth of yeast in the intestinal tract. Food allergies can also make symptoms worse.

Manic Depression-Bi-Polar Disorder-Intuitive Remedy:

Ask for the brain pulses and the hormones to balance. When you balance the hormones, always intuitively clean out the liver first. Balance the hormones to the level of their age group and teach the body what to do. High noradrenalin and low serotonin levels can be changed by sending the person an abundance of love. Ask the query "Creator, show me." Witness it as done. People that have manic depression are excellent manipulators. This is why it is difficult to use the Belief Work on them because they will lead you into circles with the Digging process. They have to genuinely want to change.

Manic-Depression-Alternative Remedy

The treatment, vanadium, may be a cure in the future. Some children are not actually manic; they are just allergic to red dyes. Some children only need their serotonin levels increased and balanced.

Process for Normalizing Brain Chemicals

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.

2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.

3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.

4. Make the command, "Creator of All That Is, it is commanded that this person's (name the person) noradrenalin, serotonin and hormone levels be balanced in the highest and best way, as is appropriate at this time. Thank you! It is done. It is done. It is done."

5. Move your consciousness over to the person's space. Go into the brain and witness the Noradrenalin/Serotonin levels as a visualized graph. Witness the Noradrenalin / Serotonin levels become balanced as is proper for the person.

6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Manic-Depression- Downloads-Beliefs

- I know what it feels like to have hope and energy.
- I know how to stay in a balanced mood.
- I know what it feels like to live without being irritable with others.
- I know what it feels like to have good judgment.
- I know how to make good decisions.
- I see the possibilities in all things.
- I live without feeling empty.
- I live without feeling sad.
- I know what it feels like to live without being overaggressive.
- I know how to live without having many medications.
- I know what it feels like to take medications in a persistent and easy way.

- I know what it feels like to live having good judgment with the money I spend.
- I know it what it feels like to live without taking my problems out on others.
- I have control of my moods.
- I have control of my feelings.
- I have control of my life.
- I feel totally connected to the Creator.
- I know how to rest and benefit from sleep.
- I know how to eat foods that are good for me.
- I know what it feels like to live without thoughts of death or suicide.
- I know what it feels like to be appreciated.
- I know I can connect to the Creator at any time.
- I know how to live without explosive energy.
- I know what it feels like to know I am safe.
- I know how to appreciate all those that are in my life.
- With every passing day, I think with more clarity.
- I have good ideas.
- I know how to listen to others.
- I know what it feels like to be connected to the oneness of All That Is.
- I know what it feels like to know there is always hope.

Manic-Depression -Supplements

- A balanced diet is important, consisting of more fruits and vegetables. Stay away from gluten (wheat). Eat fish and take omega 3s.
- High doses of Vitamin B and injections of Vitamin B12 seem to help.
- Amino acid complexes help to balance the system, especially tyrosine and taurine.
- Zinc is helpful.
- Vitamin C.
- Avoid tryptophan as it can cause a manic episode.

Massage

Sometimes a person just needs a good massage. A good massage can stimulate the lymphatic system, relax the muscles and just plain make the person feel pampered. However, if the person has leukemia or cancer, the cancer can spread rather quickly through the body because of the massage. With some people, a massage can cause their body to detoxify. It is always best to ask the Creator if the person can handle a massage. It is best to be clear with the messages you get from the Creator. If the Creator says "they will be fine," or "they will only detoxify a little bit," this means that they will

be sick for about a day. If the Creator tells you "absolutely not" to a massage, listen to what you are told!

Memory Loss

In our busy lives, particularly in this modern, hectic existence, we all forget things at one time or another. As we age, this can happen more frequently and can be a natural part of the aging process. Some older people have little or no change in memory. However, in others, forgetfulness can begin to interfere with their lives in a noticeable way.

Short-term memory is what becomes impaired most often with aging. In the instance of long-term memories, childhood and young adulthood memories tend to remain vivid, even in the case of Alzheimer's disease. In most instances, changes in memory develop gradually over time as in the case of Alzheimer's disease. Many older people do not have any significant changes in their memory as they age. While slower retrieval of information is the constant feature in these people, they otherwise keep good memory function.

Memory problems can be due to many conditions. These include Alzheimer's, Parkinson's disease, strokes, depression and thyroid disease. Medicines, either prescribed or herbal in nature can also cause memory problems. Alcohol and drug addictions can cause memory loss.

Memory Loss-Intuitive Insights

I have found that many people that have memory problems have a high yeast level in their system. This is because of the bi-product of yeast called acetaldehyde. Acetaldehyde gets into the brain, bloodstream, joints and lungs as a toxin. Aldehyde is a by-product of alcohol in the body and can cause memory loss as well.

Using a molybdenum supplement is very beneficial to flush these by-products from the system. It is suggested to use 300 mcgs moving up to 500 mcgs for a few months. This will make a remarkable difference in the memory and in the way that you feel.

Lack of vitamins such as magnesium can also cause memory problems, so it is not so simple to write every one off as having dementia or Alzheimer's. Short-term memory can also be caused by beta carotene deficiency.

In addition, brain function depends upon neurotransmitters. Neurotransmitters are the brain chemicals that act as electrical switches in the brain responsible for many of the functions of the body. If there are not enough nutrients to produce these chemicals, the brain will short-circuit, causing problems in the messages that are sent. Vitamin deficiencies can cause this condition.

If the person has Candida, the use of Noni kills yeast in the body. Corn products are said to cause an over abundance of yeast. Gluten (from wheat products) will feed yeast in the body. It is suggested to use a Candida cleanse. Stay off bread products until the problem is solved.

Memory Loss-Belief Work

Many people are told from the time that they are children that they are stupid and cannot remember things. These Programs can be carried into adulthood, cycling in the brain, making a person believe they cannot remember well.

Many people can benefit from the following Beliefs and Feelings:

Memory Loss-Downloads-Beliefs

- I know what it feels like to remember everything that I see, hear and read.
- I know how to gain access from memory of everything I have ever experienced.
- I know what it feels like to like myself.
- I know what it feels like to remember easily.
- My mind absorbs information like a sponge.
- I have infinite capacity to remember.
- I know how to remember vividly.
- I can recall information for tests easily.

Memory Loss-Supplements

- For improved memory function:
- Vitamin B.
- Vitamin A.
- Magnesium.
- Molybdenum supplement. It is suggested to use 300 mcgs moving up to 500 mcgs for a few months.
- Amino acid complex.
- DHEA- Those that cannot break down DHEA are given 7 Keto.

Meningitis

Meningitis is an inflammation of the membranes called the meninges and cerebrospinal fluid surrounding the brain and spinal cord. This condition is usually due to the spread of an infection. Most cases of meningitis are caused by a viral infection, but bacterial and fungal infections can also lead to meningitis. The severity of the inflammation and the best treatment depend on the cause of the infection. Bacterial meningitis can be fatal and is generally much more serious than viral meningitis. Due to vac-

cines that prevent this condition in young children, most meningitis cases now occur in young people between the ages of 15 and 24. Older adults also tend to have a high incidence of meningitis.

Symptoms can be confused with the flu and include:

- A high fever.
- Severe headache.
- Vomiting or nausea with headache.
- Confusion.
- Seizures.
- Sleepiness or difficulty waking up.
- Stiff neck.
- Sensitivity to light.
- Lack of interest in drinking and eating.

Signs in newborns

Newborns and young infants may not have the classic signs and symptoms. They may cry constantly, seem unusually sleepy or irritable and eat poorly.

Meningitis-Bacterial meningitis

Bacterial meningitis usually occurs when bacteria enters the bloodstream and migrates to the brain and spinal cord. However, it can also occur when bacteria invade the meninges directly, because of an ear or sinus infection or a skull fracture.

The strains of bacteria can cause acute bacterial meningitis include:

Streptococcus pneumoniae-pneumococcus: This bacterium is the most common cause of bacterial meningitis in infants and young children in the United States. This strain can be deadly, causing coma, brain damage and hearing loss.

Neisseria meningitides-meningococcus: Meningococcal meningitis commonly occurs when bacteria from an upper respiratory infection enter your bloodstream. This infection is highly contagious and may cause local epidemics in college dormitories and boarding schools and on military bases.

Haemophilus influenzae-haemophilus: Before the 1990s this bacterium was the leading cause of bacterial meningitis. But childhood immunizations have greatly reduced the number of cases of this type of meningitis.

Listeria monocytogenes-listeria: These bacteria can be found almost anywhere. Most

healthy people exposed to listeria don't become ill, although pregnant women, newborns and older adults tend to be more susceptible.

Viral meningitis

Viruses cause a greater number of cases of meningitis each year than do bacteria. Viral meningitis is usually mild and often clears on its own in 10 days or less. The most common signs and symptoms of viral infections are rash, sore throat, joint aches and headache.

Chronic meningitis

Acute meningitis strikes suddenly, but chronic meningitis develops over four weeks or more. The signs and symptoms of chronic meningitis are similar to those of acute meningitis. These are headaches, fever, vomiting and mental cloudiness. This type of meningitis is rare.

Fungal meningitis

Fungal meningitis is uncommon. Cryptococcal meningitis is a fungal form of the disease that affects people with immune deficiencies, such as AIDS.

Meningitis-Additional Causes

Meningitis can also result from noninfectious causes, such as drug allergies, some types of cancer and inflammatory diseases such as lupus.

Meningitis-Intuitive Insights

When a person is recovering from a cold caused by meningitis, the person needs to use vitamins that are gently administered. The person will need extensive Belief Work that pertain to Programs of bacteria and why they may be drawing diseases to them. It is recommended that they use Internal Exercises described by Stephen Chang and his book the Great Tao.

In a Healing, command that any damage that has been done to the brain or hearing be repaired. Command to release all past trauma from the body.

Meningitis-Supplements

- Vitamin A.
- Vitamin C 5000 Mgs.
- Vitamin B complex.

- If the person has used antibiotics it is good to use acidophilus.
- Multi-vitamin, multi-mineral, amino acid and protein shakes.

Menstrual Cramps

For menstrual cramps and most all other cramps, it is suggested to use chelated calcium and magnesium. For those who complain of "charley horses" (muscle cramps), I suggest calcium, potassium, magnesium and vitamin E. Damiana can be used for menstrual cramps and it has a lot of healthy calcium in it, plus it balances the hormones; however, it will deplete the iron in your system, so anyone taking Damiana should take it with black strap molasses.

Menopause

Menopause is a natural process in a woman's life when their monthly menstrual cycles stop, most often after age 45. Menopause occurs because the woman's ovaries stop producing the hormones estrogen and progesterone. A woman has reached menopause when she has not had a period for one year. Menopause is not a disorder and most women do not need treatment for it. After menopause, women can be more vulnerable to bone loss and heart disease because of the under-production of estrogen and progesterone. Changes and symptoms can start several years earlier because of lower progesterone and estrogen.

These symptoms include:

- A change in periods.
- Hot flashes-night sweats.
- Trouble sleeping.
- Vaginal dryness.
- Mood swings-irritability.
- Trouble focusing-problems with memory.
- Changes in sexual appetite.

Menopause-Conventional Medicines

The drawbacks to hormone replacement therapy is that it has a tendency to heighten the risk for certain cancers. The use of the herb maca can be beneficial.

Menopause-Intuitive Insights

In my experience, menopause is not a problem for most women if their liver is clean.

After menopause, the adrenals generally produce enough hormones for the needs of the body, unless the person has a problem with the liver. This is why a liver cleanse is so important for individuals that are going through menopause. It may be beneficial to use estrogen and progesterone creams until the liver is clean. The Taoist Chinese believed that when a woman went through menopause they ceased to age. They believed that this was the body's way of keeping women from aging. They believed that the only reason that menopause was not a smooth transition was because the liver was congested. Menopause can be helped along by telling the body to go into full menopause--the whole process-- instead of letting the body fight itself.

Menopause-Male Menopause

Many people joke about male menopause. Nevertheless, men do actually go through a period of time when they undergo hormonal changes in mid-life. When a man goes through male menopause, they can experience symptoms of decreased sexual appetite and anxiety. DHEA and extra zinc are helpful to balance the hormones of a man that is going through male menopause.

Menopause-Beliefs-Downloads

- I know what it feels like to live without thinking I am falling apart.
- My body is young and regenerating.
- I feel wonderful.
- My body is still sexy.
- I still have desires to be with my partner.
- I have new freedom.
- I understand what it feels like to know that I am vital and important to God.
- My moods are stable.
- I am happy.
- With each passing day, my life gets better.
- I still enjoy being a woman.
- My body is becoming stronger and more beautiful.
- I understand the freedom and excitement that is coming into my life.
- I always have the Creator's definition of hope.
- I have endurance and energy.

Many women have the Belief that they will "fall apart" when they go through menopause. Belief Work should be centered on releasing Beliefs that their life is ending. It is important to convince women that they can become even more sexy during this transition. Women need to understand that they will no longer have their period to contend with and this will give them incredible freedom. They need to understand that they will not necessarily lose their sexual appetite.

Menopause-Supplements

- Maca levels out the hormonal levels. The good thing about maca is that the body only uses what it needs, unlike black cohosh that can give you too much estrogen.
- Damiana can be beneficial for menopause.
- DHEA.
- Lecithin.
- Essential fatty acids.
- Vitamin B.
- Vitamin E.
- Vitamin C.
- Boron.
- Calcium-magnesium.
- Silica.
- Zinc.
- Selenium.
- The woman going through menopause should get plenty of exercise and avoid stress. Drink plenty of water to stay hydrated.

Mercury Poisoning

Mercury is one of the most toxic metals known to man. It is even more toxic than lead. It can be found in the soil, water and food supply. It is used in herbicides and pesticides and because mercury contaminates the water, it can be in high levels in fish. Mercury is also used in cosmetics, dental fillings, fabrics softeners, batteries, industrial instruments and even medications.

Because Mercury is a cumulative poison, there is no barrier that prohibits it from reaching the brain cells. Its presence in the nervous system can prevent normal entry of nutrients into the cells and the removal of waste from the cells. It can bind to immune cells and interfere with normal immune responses. This may be one factor behind some autoimmune disorders. Mercury can cause permanent kidney, cardiac and respiratory problems. Significant amounts of mercury in the body can cause arthritis, depression,

dermatitis, dizziness, fatigue, gum disease, nausea, vomiting, insomnia, headaches, joint pain, slurred speech, memory loss, diarrhea and muscle weakness. Mercury can mimic symtoms of multiple sclerosis and Lou Gehrig's disease.

Signs that indicate the presence of toxic mercury levels indicate behavioral changes, depression, confusion, irritability and hyperactivity. People with this toxicity may also experience allergic reactions or asthma. They may complain about a metallic taste in the mouth and their teeth can be loose.

According to the World Health Organization, amalgam dental fillings are a prime source of mercury exposure. More than 180 million Americans have mercury amalgam dental fillings. Dentists refer to these as silver fillings, which actually contained 50% mercury, 25% silver and the rest is composed of other materials. One amalgam filling can release 7 to 13 mcgs of mercury each day. Many people have suffered for years from various health problems that cleared up after they had had their amalgam fillings removed. Having amalgam fillings removed is almost as dangerous as leaving them in, unless they are removed by a dentist with the proper procedures. Very few dentists are trained to remove mercury correctly and safely; however, there are some enlightened dentists in every state. Make sure you find one who knows how to handle mercury before you let anyone touch your teeth, because mercury has to be removed in a certain way. After releasing the mercury from the system, you will find that you no longer have such unpredictable mood changes.

Mercury Poisoning-Intuitive Insights

Mercury poisoning is fairly difficult to clean up because mercury attaches itself to the cells. In fact, mercury is so commonly used that it was found in a series of flu and immunization shots. It is suspected to be one of the causes of autism. Mercury poisoning is so common that people die every day from it. More than one doctor has noted the link between mercury, Alzheimer and Parkinson's disease. It is also my belief that at least one third of the cases of depression and suicide are linked to heavy metal poisoning of some kind, with mercury being the most prevalent. It is interesting to note that dentists have the highest rate of suicide of most professions. Mercury poisoning is, I admit, a sore subject to me because I was told by the Creator that one of the causes of my cancer was due to mercury. This was before I had learned how to deal with mercury poisoning using energy-healing. I spent many hours in an infra-red-sauna as well as using herbal cleanses before I found an instant Healing. Mercury has a tendency to attach to people who have a predisposition for depression and people that feel they are not good enough. Mercury makes people easily angered, more depressed and raises the tendency for suicide. These thoughts and feelings are caused by the Mercury filling these receptors for emotions.

When you are working with someone that has questions or complaints about depression, check to see if they have amalgam fillings. Amalgam-mercury poison is quite common. At least twenty percent of the clients I speak to have mercury poisoning. There is probably a higher percentage than that, but at least that many have this problem.

Clean the body by asking the Creator how to clear it in the highest and best way. When you detoxify from heavy metals, you pull out old memories attached to them that flood the system, so it is best to do this gradually.

You should not command all heavy metals from the body to be gone since we are made of heavy metals, or better termed as elements such as calcium and zinc. They are a vital part of our molecular structure. It is best to ask the Creator of All That Is what to do, since everyone is different and toxins should be pulled out of the body at a rate tailored to the individual.

The Creator has said that if we change one atom in the molecule of mercury, we can make it into a harmless substance. Until you get to this point of theta-perfection, I would suggest that you use Coriander to pull it out of the body. Selenium, ALA, and liver cleanses will also help to clean mercury out of the system. As I do Readings, I always search for mercury poisoning as the cause of leukemia, lymphomas and blood disorders.

Mercury Poisoning-Beliefs-Downloads

- I know what it feels like to live without depression.
- I live my day-to-day life with joy.
- With every day, my body becomes stronger.
- I know what it feels like to live without my body falling apart.
- I can see others for the way they are.
- It is easy for me to connect to the Creator of All That Is and know that I am worthy.
- I know how live without resentment, anger and regret pertaining to the past.
- I am worthy to connect to the Creator at all times.
- I have proper discernment between good and evil.
- I know how to live my life without being interfered by the negative thoughts of others.
- I know how to pursue the goals in my life with ease.
- I know how to control my temper and my moods.
- I am financially stable.
- I am mentally stable.

- My spiritual strength grows everyday.
- I know what it feels like to love without being critical.

Mercury Poisoning-Supplements

- Selenium, coriander or pectin will leech out mercury from the body. These substances will bind to the mercury in amalgam fillings and leech out mercury from the fillings. For this reason, it is suggested take out the amalgam fillings first, then do the cleansing.
- ALA will also release mercury from the system as will glutathione treatments.
- Spirulina and blue green algae will pull out mercury.
- Chelation Therapy is used to remove heavy metals from the system. It is recommended that you use ALA before deciding to use Chelation, as this therapy can be rather difficult.

Miasm

A miasm is a virus that has been handed down from one generation to another. The virus itself disrupts and changes the genetic code and it changes as it is passed down. Syphilis becomes psoriatic arthritis and/or arthritis. You can go back in time and work on a grandfather's syphilis. I think a miasm has mutated to a fungal energy that has invaded the liver.

Migraine Headaches

You should understand that a migraine is not exactly a headache, but is caused by the way the blood is flowing to the brain.

Three things cause migraine headaches:

- One, your neck may be out of place.
- Two, it can be hormonal imbalances.
- Three, it may be just absolute total stress.

The first thing you need to do is find the cause.

Migraine Headaches-Causes

If it's hormonal, based around a woman's menstrual cycle, you can suggest several different remedies. Dandelion is one that I recommend because it cleans some of the hormones out of the liver, aids with PMS and actually helps with migraines.

- I find that three to four cycles of liver cleanses also helps.

- Always go in and intuitively move the neck back to where it should be.
- You can also give relief to a migraine headache with either a coffee enema or with caffeine.
- A hot bath laced with Epsom salts or a massage is an excellent way to relieve the migraines, if the cause is stress. See headaches section.

Multiple Sclerosis

MS is a nerve disorder caused by the devastation of the insulating layer surrounding the neurons in the brain and spinal cord. This insulation, called the myelin sheath, helps electrical signals pass between the brain and the rest of the body. When the myelin is damaged, nerve messages are sent more slowly and less efficiently. Patches of scar tissue can form, disrupting nerve communication to the body. The symptoms of MS occur when the brain and spinal cord nerves no longer correspond properly with other parts of the body. MS causes a wide variety of symptoms and can affect vision, balance, strength, sensation, coordination and bodily functions. Multiple sclerosis affects more than a quarter of a million people in the United States. Most people have their first symptoms between the ages of 20 and 40. Women are almost twice as likely to get MS as men. People of northern European heritage are more likely to be affected than people of other racial backgrounds and MS rates are higher in the United States, Canada and Northern Europe.

Doctors are not certain why MS occurs, but they do know that white blood cells attack the myelin sheath as if it was a foreign substance.

Multiple Sclerosis-Symptoms

Symptoms vary wildly in severity from person to person.

- Numbness or weakness in one or more limbs.
- Partial or complete loss of vision.
- Double vision or blurring of vision.
- Tingling or pain in parts of the body.
- Electric-shock sensations that occur with certain head movements.
- Tremor, lack of coordination or unsteady gait.
- Fatigue.
- Dizziness.
- Symptoms can also include the following:
- Muscle stiffness or spasticity.
- Slurred speech.

- Paralysis.
- Problems with the bladder or bowel.
- Sexual dysfunction--they want sex all the time or have no desire.
- Mental changes, such as forgetfulness or difficulties with concentration.

Chlamydia, a sexually transmitted disease, is thought to be a possible cause of MS. Doctors prescribe cortisone to lessen the symptoms of MS, as well as the following:

The Beta- interferon's Avonex and Rebif are genetically engineered copies of protein that occur in the body. They help the body to fight viral infections.

Glatirimer (Copaxone) is a medication alternative to beta- interferon's. Doctors believe that this medication works by protecting the myelin sheath from the immune system.

Natalizumab is a drug that works by blocking the attachment of immune cells to the blood brain vessels, thus reducing the immune cells inflammatory action on the brain nerve cells.

Multiple Sclerosis-Intuitive Insights

It is my opinion that multiple sclerosis is triggered by a micro-plasma or heavy metals. In multiple sclerosis, the myelin sheath is affected. The T-Cells attack the myelin sheath in the brain and spinal cord. Generally, the body rebuilds the damage that is caused by this attack just enough to keep ahead of the problem. The person may be losing the myelin sheath, but the body is continually replacing it or they would be dead in hours.

If I were to plug in a vacuum cleaner and roll over the electrical cord a couple times, the cord would become frayed and I would have a short circuit. This is similar to what happens in the body. The brain of a person with Multiple Sclerosis sends a message through the nervous system for the arm to move. But because there is a short circuit in the nervous system, something else moves instead of the arm. MS can be a devastating disease or the disorder may never cause any symptoms at all. At its worst, it can cause blindness, loss of control and the person can become paralyzed, prisoners in their own body.

When you intuitively look at MS, you might at first confuse it with brain cancer, but if you focus, you will see scar tissue or lesions. You might also see the erratic electrical currents shooting through the body. MS can be suspected when the person begins demonstrating jerky movements, paralysis, blindness, loss of balance, pain, the skin burns and there are lesions on the brain. Some people lose their sight, their voice, the

ability to move and have poor muscle control. They will show symptoms of difficulty in swallowing. This is often a chemical induced tendency (i.e. from working in a beauty shop, breathing in chemicals and plastics or from working in printing shops). Conventional medication sometimes slows them down even more. At its worst, MS can be a horrible death, as the person will lose bodily function and are trapped inside their body, unable to control it. However, people can live a full life with MS if the body is kept clean. Intuitively clean up the lesions in the brain or train them to heal themselves.

Multiple Sclerosis-Heal Thyself

There are new kinds of MS appearing that I feel are coming from the same virus or micro-plasma that causes non Hodgkin's lymphoma. The doctors aren't sure what to call it, but they know that it is some form of MS. They know that the immune system is attacking the virus. When I go in to the body, I can see that their immune system is attacking some kind of micro-organism that's in there. I think that some of this could also be caused by petroleum-based bacteria that's attacking the mitochondria in the cell.

It was quite an adventure when I first began to do Healings on MS. I would witness all these strange things happening in the body. As I witnessed the Healing, it would get some results, but they didn't get completely better. When I asked the Creator about this I heard the voice say, "They believe that their lives are out of control". From this message I assumed that I had to do Belief Work and begin to instill the Programs of "I have control of my life" and "I know what it feels like to have control of my decisions." But after they had these Programs, they only improved a little. So I asked the Creator again and I heard; "They feel like they are not in control of their life." In frustration I asked a major question: "What do I do!?" I heard the Creator say, "Teach them how to do the Healing on themselves".

So I started teaching people with MS how to go up with me and command their own Healing in their body. I explained to them that some kind of virus or micro-plasma was causing part of their sickness and showed them how to command that their body completely heal. Then I told them to witness the Healing take place and I showed them how to do the Belief and Feeling work on themselves. The funniest thing happened. I started getting letters from people that were saying, "I can get out of bed." "I can get out of my wheelchair".

Not everyone has complete results in this. Many people have more Belief Work to do. This means that the client should be taught how to do the Belief Work, as well as doing the normal Healing on themselves. Give them back responsibility for their own life.

Teach them to have control of their life and this will balance the immune system.

To work with someone with multiple sclerosis you must give him or her back their power, because multiple sclerosis makes people feel powerless. First, ask the person if they want to change the reality that they are in. Then, give them the responsibility of doing their own Healing. Teach them to go into theta and show them how to change their virus and heal the myelin sheath. Give them the process of meditation of going through their own spine, meridians and electrical systems with the energy of the Creator. If the person accepts Healings in the first stages, they will get rid of the virus and be back in control of their life. They want the extra love that they get from you and can become codependent on you as the healer. This codependency could stop their own Healing process, but you still have to let them know you are always there for them, while still teaching them to take on their own power.

I not only tell them to work on themselves, but give them assignments to work on others. This helps them to see that other people have challenges, instead of focusing completely on their own situation. You see, when the disease is at its worst, they are so absorbed with the fact that they can't control their own life that they try very hard to control the other people around them. The more out of control that they feel, the worse the MS becomes. So, in a weird sort of way the solution to MS is not only giving them responsibility for their own life, but also teaching them to be in service of others. After watching a couple of people die from MS I got really discouraged. But once I found out how to give them back responsibility and to allow them to do Healings, the changes were remarkable. These people become some of the best healers that I have seen.

Multiple Sclerosis-Intuitive Insights

Seen intuitively, the nerves look like frayed cords and people feel like they are on fire. They will use the MS in attempts to control the people around them. When doctors do an examination for MS, they find things like lesions in the frontal lobe of the brain. These lesions are actually preventing communication to different parts of the brain and body. The person that does a lot of theta work needs to be aware that if they are tested in the same way, it could show up that there are odd electrical pulses in the frontal lobe of the brain that could be perceived as unusual.

Multiple Sclerosis-Intuitive Remedy

Ask the Creator what caused the MS. Give light and energy to all the muscles and give love to every part of the body. Ask the Creator if there is Gene Work that needs to be done and if so, witness it done. When working with a person with MS, it is important that you give them love, as they will get better faster. Sometimes, you will see the Healing go to the DNA, but usually it will go directly to repair the myelin sheath. 60%

of the people who are diagnosed with MS live normal lives. Only a small percentage of those with MS become debilitated. It is important for people to know this, since the fear of MS causes many problems. People with MS have the ability to help others succeed, but become discouraged and depressed from time to time.

Multiple Sclerosis-Beliefs

The Belief Work is very effective with MS. Beliefs include "I can change my life, no" and "I have control over my life, no."

Some people with MS do not know how to change because they are so afraid of change.

Multiple Sclerosis-Beliefs

- I know how to change.
- I am afraid of change.
- I'm helpless to change.

Multiple Sclerosis-Downloads

- I can see all my possibilities.
- I know how to change.
- I know how to live without feeling helpless.
- I know what it feels like to have control over my life.
- I believe that I can have control over my life.
- I believe I know how to help other people.
- I know how to live without the fear of MS.
- My body can and will recover.
- I know how to live without the stereotype of this disease.
- I know what it feels like to ask for a second, third and fourth medical opinion.
- I see my body heal everyday.
- I see my nerve endings working perfectly.
- My myelin sheath is strong.
- I feel happy about life.
- I know I can succeed.
- I know what it feels like to live my life without being obsessed over anything that doctors tell me.
- With each day, I appreciate life more.
- I feel life all around.
- With every moment of every day, I appreciate what my body does for me.

- I appreciate myself, God and others.
- It is easy for me to help others.
- It is easy for me to step out of my own fear paradigm.
- I know how to bring incredible people into my life.
- I know how to create the life I want.
- I know how to be successful.
- I know what it feels like to be with people that appreciate and love me.
- I know how to live without discouragement.
- I know how to live without pushing my will on others.
- I know how to live without controlling other people's lives.
- I am totally connected to God.
- I have good judgment of what is right and what is wrong.
- I can control my emotions.
- I know how to live with the Creator's definition of complete hope.
- I know how to live without feeling overwhelmed.
- My body is returning to strength.
- My immune system is completely balanced.
- I am deserving of change.
- I know how to live without resenting others.
- I know how to live without upsetting myself.
- I am free to enjoy my life.

Multiple Sclerosis-Supplements or Other Remedies

- In the person that has MS, there is always an excuse to not take their vitamins.
- The person will need lipids, omega 3's, CoQ10 and calcium/magnesium.
- Alpha lipoic acid is good because the person doesn't detoxify too fast.
- The person should exercise as much as possible.
- Switch to the alkaline diet.
- I feel that you have to pull out some of the toxins from the body.
- One thing that you can suggest for MS is Vitamin B. They are really low on it.
- Vitamin C helps in the production of natural interferon in the body.
- Omega 3's mixed with cottage cheese also helps in the production of natural interferon in the body.
- People treated with honey bee venom have shown marked symptomatic improvements.
- I recommend DHEA if their doctor recommends it.
- Sibu berry juice.
- Noni juice can be beneficial.

Myelin Sheath Repair-Dietary Suggestions

Diet for Strengthening Nervous System.

Information Sheet from Chrysalis Natural Medicine Clinic (302) 994-0565.

General: Highly nutritive and easy to digest foods are key to healing the nervous system. Favor soups, warm foods and drinks. Drink spring water, especially with meals. All foods should be fresh and organic if possible. Try to maintain regular meal times & adequate sleep. Use both a multi-vitamin and multi-mineral.

Grains: Wheat, rice, corn or oatmeal (unless you are allergic). Favor well-cooked whole grains with spices or warm cereals.

Dairy: Avoid dairy products.

Sweeteners: Natural cane sugar, Molasses, Maple syrup, and the product "Just Like Sugar."

Oils: Olive, sunflower, canola, evening primrose oil, fish oils, flax oil and borage oil. Use low quantities of oils, high quality only.

Fruits: Sweet fruits, including berries, grapes, cherries, melons, avocado, coconut, sweet plums, mangos, pears, banana, and fresh figs. Eat freely.

Vegetables: Well cooked vegetables, asparagus, pumpkin, squash, cucumber, potato, celery, green peas, lettuce, okra, sweet potato, beans, green beans and carrots. Eat vegetables freely, especially cooked with spices.

Spices: Pepper, cinnamon, cumin, ginger, salt, mustard, cardamom, ginger, fennel, chamomile or ginger tea.

Proteins: Sea food, chicken, turkey, fresh fish, almonds.

Multiple Sclerosis-Dietaries to Avoid / Reduce

General: Avoid dieting and fasting, stale foods and ice cold drinks. Also avoid canned or prepared foods, foods with chemical additives and foods with hydrogenated oils and fats. Avoid excess alcohol, candy, cake, sugary sweets, "nutrasweet," and all artificial sweeteners.

Sweeteners: Avoid unhealthy sweets like cake, pies etc. Natural sweets, such as fruits and grains are much better.

Oils: Low quality oils are very inflammatory.

Grains: All grains are good to use.

Vegetables: Reduce raw veggies (except lettuce and carrots) if hard to digest, as well as cabbage, cauliflower, zucchini and turnip. (All should be limited, taken in small quantities and well cooked.)

Spices: Avoid excess amounts of hot spices, fenugreek, cayenne pepper, chili, cloves, salt and mustard.

Proteins: Avoid peanuts and beans except lentils (unless with spices or "beano".)

Multiple Sclerosis-Concerning Fats & Oils

Fat is the most abundant substance in your body after water. More than 70% of your brain and nerve cells are made of fat and the membrane of every cell in your body is 30% fat. There are about two dozen total fats (lipids) in the body and two, called essential fatty acids or EFAs must come from your diet. The two are omega-6 and omega-3. Your cells use EFAs for energy production; your glands use EFAs to make healthy secretions and EFAs help your immune system work. They also nourish your skin, hair, mucous membranes and the myelin sheath surrounding your nerves.

Bad Fats

Bad fats are those that are rancid, imbalanced, overly saturated, over-cooked, or modified by modern food processing. These include:

- Margarine.
- Shortening.
- Red Meats.
- Dairy Products.
- Chips.
- Fried Foods.
- Pastries.

Good Fats

Good Fats are those that contain a healthy balance of EPA's and are fresh, unheated and unprocessed. These include:

- Olive Oil.
- Canola Oil.
- Pumpkin Oil.
- Flaxseed.

- Fresh Fish.
- Fresh Vegetables.
- Seeds.
- Beans.
- Sea Vegetables.
- Lean Meats.
- Whole Grains.

Multiple Sclerosis-Supplements

Many people, especially those suffering from inflammatory diseases, need to supplement their oils. The best choices include fish oils containing DHA and EPA, evening primrose or borage oils and flaxseed oils. It is always important to take extra Vitamin E with oil supplements to help absorb them.

The Muscles

The muscles have a lot to do with how you feel about yourself. They have a very strong energy and they love to be babied. The jaw is the strongest muscle in the body. The consciousness of the muscles is of courage and bravery. The muscles are strong and can be stubborn and have tension locked into them. Muscles are very controlling and hold on to stubbornness issues. The muscles, along with much of the body, think they are indestructible. If they are in an accident, there is a moment of shock when they realize they are not unbreakable. Muscles may store the memory of an injury in the area of trauma. This is why it can be important to release the trauma of an accident that is held in the muscles with a Healing.

Muscles think they are the most important part of the body. It is the muscles that pump the lymph system. They are proud of their job. Cardiovascular exercise is good for the muscles and weight lifting cleans wastes from the system. If you exercise the muscles regularly, you will produce more antioxidants. Muscles also produce cortisone. Exercise triggers the body to produce more mitochondria. Pilates and yoga move the muscles in a positive fashion. People with cancer should stimulate the muscle groups as this can help send cancer into remission. Muscles relieve stress from the body when they are exercised. A deep full body massage is the equivalent to exercising all the muscles.

The muscles require protein. Weight lifters can develop diabetes or become hypoglycemic if their diet doesn't have enough protein, as the muscles will steal the protein from the body's organs.

The muscles love to be babied and talked to. Consider the use of more magnesium

and vitamin C to help the body to get rid of toxins. Muscle cramps usually mean that you are low on magnesium, potassium, or low on Vitamin E. Calcium tightens the muscles and Magnesium relaxes them. One should use Alpha Lipoic Acid when exercising to help clean up the toxins from the body and give the body more energy.

The Muscles-Beliefs

- I am stubborn / I have to learn the hard way / it's hard for me to learn.
- Self respect / self worth / self esteem.
- Vulnerability - it is like being a victim.
- Confidence (not superiority).

The Muscles-Downloads

- I know the Creator's definition of what flexibility is.
- I know how to live without allowing others to manipulate me.
- I know how to live without manipulating others.
- I know how to live without allowing people to intimidate me.
- I know the Creator's definition of what it is to be charismatic.
- It's ok to be strong.
- It's ok for a woman to be strong.
- I have the strength of the Creator within me.
- It's ok to be who you want to be.
- I have the Creator's definition of what it feels like to be physically strong.
- I know the Creator's definition of what it is to rest.
- I have the Creator's definition of how to relax.
- I know what it feels like to be confident.

Muscle Cramp

A muscle cramp is a sudden contraction of one or more of the muscles in reaction to many factors. The result can be intense pain and an inability to use the affected muscles. The most common causes of leg cramps in athletes are overuse and dehydration during sports played in warm weather. Injury, muscle strain or staying in the same position also may cause muscle cramps. Other causes of muscle cramps can be circulatory or nerve problems. Some muscle cramps occur during rest and a common variety of muscle cramps occurs in the calf muscles or feet during sleep. Writer's cramp affects the thumb and first two fingers of the writing hand and is from using the same muscles for long periods of time. You can develop muscle cramps in your hand or arm after

spending long hours gripping a tool. If cramping occurs after walking and ceases when you rest, the problem may be impaired circulation.

When people complain to me that they have muscle cramps, I usually suspect that they have mineral deficiencies, usually magnesium and calcium. Naturally, it can also be due to electrolyte imbalances due to lack of potassium. Many disorders cause cramps in the muscles.

Muscle Cramp-Supplement

- I generally suggest the use of calcium-magnesium and vitamin E.
- B complex and Vitamin C can help.
- Lecithin.
- Zinc will help break down vitamin B's for good adsorption.

Muscular Dystrophy

The first Healing that I saw of muscular dystrophy was some years ago in Australia. People with MD have an amazing way of trying to heal and care for everyone else before themselves. A young lady came to class that had muscular dystrophy and even though she leaned on a staff in order to walk, her first priority was to find a way to heal her sister. I asked her how I could help her and she said "Please help my sister." I talked her into accepting a Healing for herself. She had an amazing instantaneous Healing at that class.

Muscular dystrophy (MD) is a genetic disorder that weakens the muscles that help the body move. People with MD have incorrect or missing information in their genes, which prevents them from making the proteins they need for healthy muscles. Because MD is genetic, people are born with the problem. It's not contagious and you can't catch it from someone who has it.

MD weakens muscles over time, so children, teens and adults who have the disease can gradually lose the ability to do the things most people take for granted, like walking or sitting up. Someone with MD might start having muscle problems as a baby or their symptoms might start later. Some people even develop MD as adults.

Muscular Dystrophy

- 1st Kind : Strikes boys, not girls. Most don't make it to adulthood. It is passed on through a chromosome.
- 2nd Kind : Caused by micro plasma or viruses.

The person loses muscle control with muscular dystrophy. It is seen as a genetic

defect from toxins. Heavy metals attach to different viruses. MD can be caused by electrical currents and the effects of radiation, although the same virus is in each.

Muscular Dystrophy-Intuitive Insights

Avoid permitting fear to interfere with the Healing. If you are fearful, start the Healing over. Witness the Creator make the changes that will guide the brain and DNA to heal. Finally, witness the rebuilding of the muscles and the connective tissue. "Creator, show me," and witness the work.

When you do work on Muscular Dystrophy you are going to find that when you ask the Creator to "show you" what it is and how to heal it, you are going to go into the very mitochondrial DNA of the client. You may watch some different viruses die off and if you continue to witness, you are going to be taken to the skeletal system. This is because the skeletal system feeds all the muscles. Even though people think that it's a muscular disease, the start of the disease is in the skeletal system. As you witness this don't be upset and think that you are in the wrong place.

Muscular Dystrophy-Belief Work

It never ceases to amaze me the incredible compassion that people with muscular dystrophy have. The little boys I have met with muscular dystrophy have a wonderful capacity for love. From the standpoint of the healer, muscular dystrophy can be one of the most frightening diseases to witness. It is a good idea for the healer to release their fear of the disease so that they are not blocking the healing. The very thought of these people being so helpless and yet so pure in spirit can have a profound effect on the healer. I advise you to pull your fear and get with the program.

Muscular Dystrophy-Beliefs: Pull the Belief that it is incurable due to a DNA problem. Replace with: "the Creator can heal me", "I know what good health feels like" and "I deserve to be healed".

Teach the person "how to live without the disease." Always take the time to get into a deep theta-meditative state.

Muscular Dystrophy-Downloads-Beliefs

- I enjoy life in every way.
- I know how to love the people around me without being sick.
- I am important.
- My body is important.

- It's safe for me to be strong, healthy and support myself.
- I know what it feels like to support others.
- I know what it feels like to be totally connected to the Creator.
- I am worthy of a Healing.
- I appreciate myself.
- I am completely appreciated by others.
- I don't have to die to prove myself to the Creator.
- I am in good standing with the Creator of All That Is.
- I have the strength to be here on this planet.
- I have the will to be here on this planet.
- I am not offended by this world.
- I know how to live my life without taking on the sorrow of this planet.
- I am unaffected by the grief, sorrow and maliciousness of those around me.
- My psychic abilities are accepted.
- I can teach others around me to have patience and conditional love without being sick.
- Every day, in every way I draw the support of the universe.
- I believe in myself.
- I believe that my body will become stronger and stronger.

Muscular Dystrophy-Programs for the Parents

- I have hope my child can heal.
- With the Creator, everything is possible.
- Pull the fear that this disease is totally incapacitating.

Muscular Dystrophy Supplements

Even though you work on someone and they say "I feel better" they still have deteriorated muscles due to the MD. You have to go in and reconstruct some of the deteriorated muscles. Make sure that their body has the fuel so their muscles can be reconstructed.

- They need to take amino acids to rebuild their muscles.
- They will also need a little Alpha Lipoic Acid to clean up their system.
- Enzymes and zinc will rebuild the structures of their muscles. If you don't have enough zinc you aren't going to break down the vitamins C, B or A and many of the other vitamins.

Narcolepsy

Narcolepsy is a chronic neurological disorder caused by the brain's inability to regulate sleep-wake cycles normally. At various times throughout the day, a person with narcolepsy experiences fleeting urges to sleep. If the urge becomes overwhelming, patients fall asleep for periods lasting from a few seconds to several minutes. In rare cases, some people may remain asleep for an hour or longer. Narcolepsy is like a short circuit in brain.

Narcolepsy-Intuitive Remedy

Intuitively Work in the hypothalamus and restructure the sleep cycle.

The Nervous System

The Nervous System is our electrical connection to the outside world. The Nervous System, along with the brain, acts as the transponders, receivers and interpreters of outside energy. The Nervous System is connected to the whole body. When you work on the nervous system, you work with the neurons that are the electrical messengers. The best healer is the one who can step out of their own world and step into another's paradigm to relate and talk to the client from that person's point of view. This is done by having a balanced Nervous System.

Traveling through the brain and body, neurons pick up thought forms instantly. This is the fastest computer known to man.

The Autonomic Nervous System

The autonomic nerve fibers form a subsidiary system that regulates the iris of the eye and the smooth-muscle action of the heart, blood vessels, glands, lungs, stomach, colon, bladder and other visceral organs not subject to willful control. Although the autonomic nervous system's impulses originate in the central nervous system, it performs the most basic human functions more or less automatically, without conscious intervention of higher brain centers. Because it is linked to those centers, the autonomic system is influenced by the emotions; for example, anger can increase the rate of heartbeat.

All of the fibers of the autonomic nervous system are motor channels and their impulses arise from the nerve tissue itself, so that the organs perform more or less involuntarily and do not require stimulation to function. Autonomic nerve fibers exit from the central nervous system as part of other peripheral nerves but branch from them to form two more subsystems: the sympathetic and parasympathetic nervous systems, the actions of which usually oppose each other. For example, sympathetic nerves cause arteries to contract while parasympathetic nerves cause them to dilate. Sympathetic impulses are conducted to the organs by two or more neurons. The cell body of the first lies within the central nervous system and that of the second lies in an external ganglion. Eighteen pairs of such ganglia interconnect by nerve fibers to form a double chain just outside the spine and run parallel to it. Parasympathetic impulses are also relayed by at least two neurons. The cell body of the second generally lies near or within the target organ.

The Nervous System and Reflexes

In general, nerve function is dependent on both sensory and motor fibers, sensory stimulation evoking motor response. Even the autonomic system is activated by sensory impulses from receptors in the organ or muscle. Where especially sensitive areas or powerful stimuli are concerned, it is not always necessary for a sensory impulse to reach the brain in order to trigger motor response. A sensory neuron may link directly to a motor neuron at a synapse in the spinal cord, forming a reflex arc that performs automatically. Thus, tapping the tendon below the kneecap causes the leg to jerk involuntarily because the impulse provoked by the tap, after traveling to the spinal cord, travels directly back to the leg muscle. Such a response is called an involuntary reflex action. Commonly, the reflex arc includes one or more connector neurons that exert a modulating effect, allowing varying degrees of response, depending on whether the stimulation is strong, weak or prolonged. Reflex arcs are often linked with other arcs by nerve fibers in the spinal cord. Consequently, a number of reflex muscle responses may be triggered simultaneously, as when a person shudders and jerks away from the touch of an insect. Links between the reflex arcs and higher centers enable the brain to identify a sensory stimulus, such as pain, or to note a reflex response, such as withdrawal and to inhibit that response (as when the arm is held steady against the prick of a hypodermic needle.)

Reflex patterns are inherited rather than learned, having evolved as involuntary survival mechanisms. But voluntary actions initiated in the brain may become reflex actions through continued association of a particular stimulus with a certain result. In such cases, an alteration of impulse routes occurs that permits responses without mediation by higher nerve centers. Such responses are called conditioned reflexes, the most famous example being one of the experiments Ivan Pavlov performed with dogs. After the dogs had learned to associate the provision of food with the sound of a bell,

they salivated at the sound of the bell even when food was not offered. Habit formation and much of learning are dependent on conditioned reflexes.

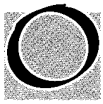
To illustrate, the brain of a student typist must coordinate sensory impulses from both the eyes and the muscles in order to direct the fingers to particular keys. After enough repetition the fingers automatically find and strike the proper keys even if the eyes are closed. The student has learned to type; that is, typing has become a conditioned reflex.

Downloads in the Nervous System:

- I understand when I am receiving true communication from others.
- I understand how to live without allowing negative thought forms to interfere with my progress.
- I understand the difference between the Creator's perspective of truth and that of another person.
- I understand how to see others' through the Creator's perception.
- I have the Creator's definition of how to interact with others.
- I am connected to the Creator of All That Is.
- The "Creator of All That Is" is connected to me.
- I have the Creator's definition of how to recognize the highest truth.
- I have the Creator's definition of how to discern the highest truth.
- I have the Creator's definition from the 7th Plane of what it feels like to be important.

Nervous System-Supplements

- ALA and liver cleanses prevent healing crisis in the skin.
- Omega Oils (3s, 6s and 9s).
- Vitamin E.
- Selenium.



Obesity

The term obesity means having too much body fat in ratio to muscle tissue. Obesity is a different term from being overweight, which means weighing too much. Being overweight may come from muscle, bone, fat and/or body water. Both of these terms mean that a person's weight is more than what is considered healthy for their height. In most people, obesity occurs over time when more calories are consumed than are used. The balance between calories-in and calories-out differs for each person. Factors that might cause obesity include the genetic makeup, overeating, eating high-fat foods and not being physically active. Obesity increases the risk of diabetes, heart disease, stroke, arthritis and some cancers.

Not all people that are obese are eating too much food. Thyroid problems can cause obesity, as can psychological disorders. Certain medications cause obesity, such as prednisone. Anti-depressants (MAO inhibiters) can also cause obesity. In society, people treat others that are obese with a peculiar disdain, even though the person may not have an eating disorder.

In one study, it was found that American teenagers who ate breakfast every day were 15 pounds less in overall weight as opposed to those that did not eat breakfast. One theory is that when people fast and then consume large amounts of food all at once, have a tendency to store fat and are prevalent for obesity. More small meals spaced throughout the day are better than large meals all at once.

Obesity-Intuitive Insights

Many people that are overweight have a tendency to be pushy and argumentative. They have a tendency to be critical of others (particularly with others that are overweight) and can be angry at the world. These feelings are caused by imbalances in their organs such as the liver and kidneys. Strict monitoring of the carbohydrate consumption (not calories) will help in an overall diet plan.

With obesity, always start by making sure that you Program the person that they are thin. You can make a major change in their diet just by taking a person off all white bread and gluten. I would also recommend for your further studies on this subject that you read a book by Dr. Peter J. D'Adamo called, "Eat Right for Your Blood Type." This book not only deals with weight loss, but also deals with what you should and should not eat according to your blood type.

When you are overweight, you will always get the "exercise lecture." However, it is dif-

ficult for those that are obese to exercise when they can't breathe, let alone move without the danger of falling or injury. This is why it is best for them to use exercise that is simple such as walking , a rowing machine, or riding a stationary bicycle at a slow pace. The unfortunate thing that is likely to happen when someone begins to exercise after long abstinence from it, is that the exercise will release built-up toxins that have been stored in the tissues. This can make the person feel terrible for a time until these toxins are gone. This is why it is always best to start any exercise regimen slowly.

People that have heavy metal toxins have a tendency to be overweight because the fat cells attempt to encapsulate the toxins. Release the heavy metals and the person will likely lose weight.

Obesity-Belief Work

For the most part those that are obese have their own special reason as to why being obese is serving them. Using the "Baby in the Womb Exercise" and Belief Work seems to bring the best results. If people come back to you and complain that they are gaining their weight back, make sure that you didn't Program them to "lose the weight," because if you did, they will look for and find the weight again.

It is best to release the person from the judgment that they might be feeling from others because they are overweight. The feelings that other people project to those that are overweight can cause the person to become depressed, especially if they are intuitive.

Always Program them to release the weight. Program them with, "Every bite I eat is full of love and I become contented easily." Check the History and Genetic Levels for Beliefs that "being overweight means wealth," and issues with power or safety. Many of the issues you will face that deal with females evolve around feelings of guilt, abuse, ancestral Programs that sex is shameful and feelings of guilt dealing with sexual energy. These need to be changed and put back into perspective. Also, intuitively stimulating the pituitary to make the correct hormones can help obesity.

Obesity-Beliefs

- If I am fat I will not cheat on my spouse.
- If I am heavy, I will not get involved in a relationship.
- I fear being emotionally hurt.
- I am afraid of love.
- Food is bad.
- Food is my enemy.
- If I lose weight I will not belong.

Obesity- Downloads

- I love my body.
- I enjoy the food that I eat.

- I know when I am full.
- I eat less.
- I am young.
- I am strong.
- I enjoy exercise daily.
- I feel good about myself.
- I am important.
- I avoid fatty foods.
- I enjoy taking my vitamins.
- My stomach is shrinking.
- The mirror is my friend.
- I take responsibility for what I eat.
- I like water.
- I enjoy good protein foods.
- Smaller portions of food are satisfying.
- Less bread is better.
- I like fruits.
- I like raw vegetables.
- I exercise every day.
- I am confident about releasing weight.
- I am patient with myself.
- I live without the fear of failing.
- I eat slowly.
- I am calm and collected.
- I am thin and attractive.
- If I am thin, people will still love me for who I am.
- I understand what it feels like to absorb nutrients from food.

Obesity-Supplements

The American cancer society found that those that used artificial sweeteners actually gained weight instead of loosing it. Artificial sweeteners are far worse than regular sugar on the body. Chocolate used judiciously, can actually be an aid in weight loss.

Many of the herbs that benefit those who are obese can be dangerous due to the strain they place on the other organs of the body. Those who are obese due to medications have a tendency to skip regular, nutritious meals. Fruits and vegetables are a must for these people that need something to clean the intestinal tract. On the flip side of the coin, you have the obese person that cannot stop eating because their body cannot absorb the nutrients from the intake of food. Parasite infections cause obesity in many

people, so a parasite cleans might be suggested for some people that are obese. Eating is not bad. In most people, eating the right foods will help in weight loss.

- DHEA can be an aid in weight loss.
- Grape-seed extract-Watch for contradictions with medications!
- Flax-seed oil.
- Omega 3's, 6's, and 9's.
- Vitamin E in low doses.
- ALA.
- Lecithin.
- Aloe Vera juice for the digestive tract.
- Amino acid complex.
- "Just Like Sugar" is a amazing supplement.

Obesity-Diet for Obesity-Basic Fat Burning Soup From: Sacred Heart Memorial Hospital:

used for overweight heart patients to lose weight rapidly, usually before surgery.

INGREDIENTS:

12 Green onions/scallions, chopped 2 Green peppers

1 or 2 cans of Chopped Tomatoes 1 bunch of celery

1 Large head of cabbage, chopped 1 Pkg of Lipton Onion

Optional: I added cilantro or parsley bundle-chopped

Seasonings:

Salt, pepper, Curry, Bouillon, or Hot Sauce (Tabasco)

Prepare: Cut vegetables in small to medium pieces, add Pkg of Lipton onion soup mix, canned tomatoes and seasonings, cover with pure filtered water and boil fast for 5-10 minutes and then let simmer until vegetables are tender.

THIS SOUP CAN BE EATEN ANYTIME THAT YOU ARE HUNGRY AND EAT AS MUCH AS YOU WANT.

This soup will not add calories. The more you eat the more you will lose. Fill a thermos in the morning if you will be away during the day.

Warning! This diet, if eaten alone for indefinite periods, could cause malnutrition.

Day One:

Eat only the soup and fruits. All fruits except bananas. Cantaloupe and Watermelon are lower in calories.

For drinks: Unsweetened Tea, cranberry juice or Purified water.

Day Two:

Do not eat any fruits. Eat, along with the soup, all vegetables. Eat until you are stuffed with all the fresh, raw or canned vegetables. Try to eat green leafy vegetables and stay away from beans, corn and peas. At dinner time, reward yourself with a baked potato.

Day Three:

Eat all the soup, fruits, vegetables that you want. Have a baked potato. If you have eaten for three days as above and have not cheated, you will find on the morning of the fourth day you will have lost 5-7 pounds.

Day Four:

Bananas and skim milk. Eat as many as 3 bananas and drink as many glasses of purified water as you can today. Bananas are high in calories and carbohydrates and so is the milk. However, today your body will need the potassium and the carbs, proteins and calories to lessen your cravings for sweets. Eat the soup at least twice today.

Day Five:

Beef and tomatoes. You may have 10-20 oz. Of beef and a can of tomatoes or as many as 6 fresh tomatoes today. Try to drink at least 6-8 glasses of purified water so to wash away the uric acid in your body. Eat the soup at least once today.

Day Six:

Beef and veggies. Eat to at your hearts content of the beef and vegetables today. You can eat two or three steaks if you like. Eat green leafy vegetables. No baked potatoes. Be sure to eat the soup at least once today.

Day Seven:

Brown rice, unsweetened fruit juice and vegetables. Stuff Yourself ! Be sure to have the soup at least once today. By the end of the seventh day or the morning of the eighth day and if you have not cheated you will have lost 10-17 lbs. If you have lost more than 15 lbs, stay off the diet for two days before resuming the diet again at Day One.

This 7 day eating plan can be used as often as you like. As a matter of fact, if correctly followed it will clean your system of impurities and give a feeling of well being as never before. After only seven days of this process, you will begin to feel lighter by at least 10 lbs and possibly 17 lbs, having a abundance of energy. Continue this plan as long as you wish and feel the difference. This diet is fast, fat burning and the secret is that you will burn more calories than you take in. This diet does not lend itself to drinking any alcoholic beverages at any time because of the removal of fat build up in your system. Go off the diet at least 24 hours before any intake of alcohol.

Because everyone's digestive system is different, this diet will affect everyone differently. After day three you will have more energy than when you began if you do not cheat. After being on the diet for several days, you will find your bowel movements have changed. Eat a cup of bran or fiber. Although you can have black coffee with this diet you may find that you don't need the caffeine after the third day.

Definite No No's:

- Bread
- Alcohol
- Carbonated drinks (including Diet)
- (Stick with purified water, unsweetened tea, black coffee, unsweetened fruit juice, cranberry juice and skimmed milk)
- Fried Foods
- NO skin on Chicken
- (You can eat broiled or baked chicken or broiled fish instead of meat only on one of the beef days. You need the high protein in the beef on the other days.)

The BASIC FAT BURNING SOUP can be eaten anytime you feel hungry- the more you eat the more you will lose. Eat as much as you wish.

Any prescribed medication will not hurt you on this diet. Continue this plan as long as you wish and feel the difference both mentally and physically. This diet is good for the short term but should not be used continually. The diabetes diet is better for the long term and will nourish the body..

Osteoporosis (Arthritis)

Osteoporosis is a condition characterized by the loss of the normal density of bone, resulting in fragile bone. Osteoporosis leads to abnormally porous bone. This disorder of the skeleton weakens the bone causing an increase in the risk for breaking bones (bone fracture).

Osteoporosis looks like dark spots on the bones. If there is a calcium deficiency it will cause the body to steal energy from the bones.

Osteoporosis is always associated with the lack of calcium; however, the body's inability to digest calcium, causes the calcium itself to contribute to the Osteoporosis. Always recommend they take good calcium and by this I mean a chelated calcium. Always make certain to go up and check their parathyroid. This gland is responsible for telling the calcium where to go. The parathyroid gland tells the body to absorb calcium either in the muscles or the bones.

Osteoporosis-Intuitive Insights

If the bones do not actively respond to the Healing process, there are Beliefs blocking the Healing. Go through the body and ask the Creator if they have too much calcium in their blood. If they do, the parathyroid is not working correctly. Concerning feelings and emotions, the parathyroid is associated with the thyroid in the similar beliefs of "defending yourself" and not being able to "speak up and say how you truly feel." Go in and Program the person to be able to understand what he/she truly feels, and what they should say and how to express it in the highest and best way. Always check to make sure the kidneys are functioning correctly.

Osteoporosis-Beliefs

The ability to receive and accept love, bearing the burdens of the world and the ability to receive support or giving too much support to others.

Osteoporosis-Intuitive Remedy

The Creator will show you. Command a Healing in the highest and best.

Osteoporosis-Supplements or Other Remedies

- It is suggested chelated calcium-magnesium.
- Boron.
- MSM to make them more flexible.
- Vitamin C.

Ovarian Cysts

A cyst is a fluid-filled sac. In most cases a cyst on the ovary does no harm and goes away by itself. Most women have them at some point during their lives. Cysts are rarely cancerous in women under 50. Cysts sometimes hurt - but not always. Often, a woman finds out about a cyst when she has a pelvic exam.

Ovarian Cysts-Intuitive Insights

While in a Reading, ask the Creator if they the cyst is caused by too much or too little estrogen. Change any genetic tendency. Calcium/magnesium for cramps associated with them. Maca also helps people get rid of cysts. Witness the Creator to shrink the cysts.

Paget's Disease

Paget's disease as it pertains to the bone is a condition that affects the normal biological processes of the bones. The disease is named after a mid-19th-century English surgeon, Sir James Paget, who also identified Paget's disease of the breast. However, the two conditions are unrelated.

The bones are living tissues that are engaged in a continual process of renewal, ever growing and replacing themselves. This process is called remodeling where old bone is replaced by new bone. In Paget's disease, there is a disruption of this natural process. Paget's causes the old bone to begin breaking down faster than new bone can be built. Over time, the body responds by generating new bone at a faster than normal rate. This rapid alteration produces bone that is softer and weaker than normal bone, which can lead to bone pain, deformities and fractures.

There has not been a definite cause for Paget's disease of the bone, although several genes have been discovered that appear to be linked to the disorder. It is believed that Paget's is related to a viral infection in the bone cells that may be present for many years before problems appear. Hereditary factors seem to influence a susceptibility to the disease.

Paget's usually affects the skull, the spine and the bones in the arms, legs and pelvis. Often, people with Paget's disease of the bone have no symptoms at all and may not require treatment. But if signs or symptoms are troublesome, treatment for Paget's disease of the bone is available in the form of medications or surgery. Paget's disease of bone affects each person differently. Most people with Paget's disease have no symptoms. When symptoms do occur, they are typically present in specific areas affected by the disease, although they may be widespread.

Paget's Disease Affected areas may include:

- Bones-Bone pain that is most severe at night.
- Joint damage in the cartilage lining the joints near affected bones. This wear and tear often leads to osteoarthritis.
- Nerve damage Enlarged bones can compress the spinal cord or the nerves exiting the brain and spinal cord. Pain resulting from nerve compression can be severe in those with Paget's. Pressure on a nerve can cause numbness, tingling, weakness, hearing loss and double vision.

- Warmth in the skin over the affected area.
- Neurological problems, such as hearing loss and headache.
- Bone deformities, such as bowlegs and enlarged head size.
- Bone Fractures.

Paget's Disease-Intuitive Remedies

- Use the Gene Work and witness the changes.
- Belief Systems cycle around how they receive and accept love and how they feel about the Creator.
- I find that in some of the instances of Pagets disease, it can be triggered by heavy metal exposure. Pulling out the heavy metals can be beneficial.

Paget's Disease-Downloads-Beliefs

- I am totally connected to the Creator.
- I feel completely supported by the Creator of All That Is.
- The Creator and I are connected as one
- I understand I am creating my own reality.
- I know that there are miracles everyday.
- I am ready for miracles in my life.
- I am ready for my body to be strong and healthy.
- Everything in my body becomes perfect when I connected as one with the Creator.
- Every day in every way I get stronger.

Pancreatitis

Pancreatitis is an acute inflammation of the pancreas. The pancreas is a large gland behind the stomach and close to the duodenum. The duodenum is the higher part of the small intestine. The pancreas secretes digestive enzymes into the small intestine through a tube called the pancreatic duct. These enzymes digest fats, proteins, and carbohydrates from food. The pancreas releases the hormones insulin and glucagon into the bloodstream to help the body use the glucose it takes from food for energy. Under normal conditions, digestive enzymes do not become active until they reach the small intestine. If these enzymes become active inside the pancreas itself, they cause damage to it.

Acute pancreatitis occurs suddenly, lasts for a short time, and usually resolves.

Chronic pancreatitis does not resolve itself and results in a slow destruction of the pancreas.

Either form can cause serious problems. In severe instances, bleeding, tissue damage, and infection may occur. Pseudocysts, which are accumulations of fluid and tissue debris, may also develop. In addition, enzymes and toxins may enter the bloodstream, injuring the heart, lungs, and kidneys, or other organs. About 80,000 cases occur in the United States each year with some 20 percent severe in nature. Acute pancreatitis occurs more often in men than women.

Acute pancreatitis is usually caused by gallstones or by too much alcohol. However, if alcohol use and gallstones are ruled out, other possible causes of pancreatitis should be carefully examined so that appropriate treatment can begin. Hepatitis A can cause Pancreatitis, as can certain medications. Some seizure medications and medication for arthritis can cause pancreatitis. Certain cancers and chemotherapy can also trigger this disorder.

Acute pancreatitis usually begins with pain in the upper abdomen that may last for a few days. The pain may be severe and may become constant and it can reach to the back and other areas. It may be sudden, intense or begin as a mild pain that gets worse when food is eaten. Other symptoms may include:

- Swollen and tender abdomen.
- Nausea.
- Vomiting.
- Fever.
- Rapid pulse.

Severe cases may cause dehydration and low blood pressure. The heart, lungs, or kidneys may also fail. If the pancreas begins to bleed, shock and sometimes even death will follow. Conventional treatment depends on the severity of the attack. If no kidney or lung complications occur, acute pancreatitis usually improves on its own. Treatment is tailored to support vital bodily functions and prevent complications. A hospital stay will be necessary so that fluids can be replaced intravenously.

Pancreatitis-Intuitive Insights

Most of the people that I have worked with this disorder have passed. Make the command that the pancreas go back to health. Witness as light enters into the pancreas from the Creator, filling it with energy and love.

Pancreatitis-Belief Work

Pancreatitis creates the fear of defeat. Issues will cycle around the following:

- I am defeated.

- I will never be healthy.
- I can never win.

Pancreatitis-Supplements

- Multi-vitamin supplement.
- Chromium.
- Noni.
- ALA.
- Grape seed extract.
- Vitamin C.
- Dandelion root.
- Olive leaf extract.
- Burdock root.
- Milk thistle.
- Red clover.

Paralysis

Paralysis is the complete or partial loss of function, especially when involving the loss of motion or sensation in a part of the body due to loss of nerve function. A paralyzed area no longer has an electrical current running through it.

When the spinal cord is severed, you do not need to know exactly what to do. Simply ask the Creator to reconnect it. If it is partly severed, there is a good chance to reconnect it. If it is fully severed, someone has already told them they won't walk again. Before any surgery, always ask the surgeon to not say anything. The person will even pick up thoughts that came from people during surgery. If there has already been surgery resulting from an automobile accident, ask the Creator to take you back to the accident and surgery and change what they have heard during the surgery. Teach the body to be better than it was before the surgery or accident.

Paralysis-Intuitive Remedy

Command new synapses to be made and re-connected. Ask the Creator to show you as this takes place.

Paralysis-Beliefs

Fear of being healthy. Check to see if the person "knows what the Creator feels like," and if they have the fear of beginning normal life again.

Parkinson's

Parkinson's disease is one of a larger group of neurological conditions called motor system disorders. Historians have found evidence of the disease as far back as 5000 B.C. This disorder effects more men than women. It was first described as "the shaking palsy" in 1817 by British doctor James Parkinson. Because of James Parkinson's early work in identifying symptoms, the disease came to bear his name. In the normal brain, some nerve cells produce the chemical dopamine, which transmits signals within the brain to produce smooth movement of muscles. In Parkinson's patients, eighty percent or more of these dopamine-producing cells are damaged, dead, or otherwise degenerated. This causes the nerve cells to fire wildly, leaving patients unable to control their movements. Stress makes the symptoms more prevalent.

Parkinson's Disease Symptoms include:

- Trembling of hands, arms, legs, jaw and face.
- Stiffness of the arms, legs and trunk.
- Slowness of movement.
- Poor balance and coordination.
- Depression.
- Dementia.

Parkinson's-Conventional Drugs

These drugs all come with their attached side effects.

- Levodopa.
- Paralodel.
- Permex.
- Mirapex.
- Requip.
- Tasmar.

Parkinson's-Intuitive Insights

The best thing I've seen work with Parkinson's is asking the Creator to do a Healing and watching the dopamine levels change. The receptors for dopamine are damaged in Parkinson's. This can be changed, but if the heavy metals are not cleared it will recreate itself. There have been some recent breakthroughs in stem cell research that may be a possible treatment for Parkinson's.

The best supplement I've ever found to work with Parkinson's is Alpha Lipoic Acid and liver cleanses. Liver cleanses can make a client stop shaking. The cleanse I am re-

ferring to is the olive oil cleanse in the section for the liver. Some of the people who are older can't use those intensive liver cleanses so don't suggest it for them. Ask the Creator to help clean up their liver and you'll see a huge difference. Many young people come to me with Parkinson's. I have people that are in the 30's, 40's and 50's age groups, that are capable of doing liver cleanses. I find aluminum, mercury and lead in everyone with Parkinson's.

As for the genetic tendency for Parkinson's, a person may have a father and grandfather with Parkinson's, but what you might see is that grandma may have been cooking with aluminum pans for 40 years and they were drinking out of lead pipes. That's where the genetic tendency is. The effects of the lead and aluminum can be passed down in the genes as is the predisposition for Parkinson's. There is also the likelihood that they ate food and drank water at grandpas house as a child that was poisoned with heavy metals.

In Parkinson's, the cells creating dopamine are interfered with in the brain. Intuitively witness the reconstruction of the master cell and the cells that create dopamine. Ask the Creator to pull out the metals slowly, as is the highest and best for the person.

The brain will continue to learn as long as we use it. We can learn well past the age of one-hundred if we keep out heavy metals and yeast. I believe that some of the people that are diagnosed with Parkinson's are suffering from Mad cow disease. I think that this is more prevalent than people know. I also think that exposure to certain viruses in the brain can trigger Parkinson's.

Parkinson's & Healings

People with Parkinson's are very receptive to the Healings. They may have a fear of getting better, but not like other illnesses. They usually do what ever they can to get rid of the Parkinson's.

Parkinson's-Beliefs

People with Parkinson's have a tendency to be very critical of others. I am unsure as to why this is, but I suspect it is because their adrenals are overworked in the attempt to give the body the hormones it needs.

Issues of Parkinson's as incurable.

- Pull Programs that we're supposed to forget things as we grow older.
- The world is falling apart.
- I have no say-so in my life.
- I need pity.

- I may as well give up. I don't want to give up. The client seems to be fighting with themselves.

Parkinson's-Downloads

- I know what it feels like to be strong and healthy.
- My body is returning to total health.
- I can remember.
- I can remember easily and effortlessly.
- I can move easily and effortlessly.
- My body produces the right amount of dopamine.
- My receptors are awake and alive.
- I could receive impulses from the brain to the body.
- My receptors are perfect.
- I will gain control of my life.
- I know what it feels like to move without pain.
- I know what it feels like to live without stiffness.
- I know what it feels like to move without shaking.
- I know how to be still.
- I know what it feels like to believe in myself.
- I'm totally connected to the Creator of All That Is.
- I am stronger and healthier everyday.
- With each passing day my body and mind become stronger.
- I will no longer be taken advantage of.
- Others believe in me.
- I know what it feels like to live without resenting God.
- I know what it feels like to live without resenting my life.
- I can live without regret.
- I know what it feels like to be in control of my emotions.

Parkinson's-Supplements or Other Remedies

- It is suggested to use glutathione injections and alpha lipoic acid. These two therapies clean up heavy metals fast and pull toxins out of the brain. Take 3-4 oil liver cleanses to pull out heavy metals. For memory loss, magnesium and beta carotene are needed.
- For those with a predisposition, DHEA can be used as a preventative for Parkinson's disease.
- Amino Acids such as tyrosine, and creatine.
- Calcium magnesium.
- CoQ10.

- Vitamin B complex.
- Vitamin C at 3000-5000 mgs a day.
- Vitamin E.
- DHEA.
- Red clover.
- Hawthorn.
- Cayenne pepper.
- Burdock.
- Dandelion root.
- Milk thistle

Peptic Ulcer

A peptic ulcer is a pustule in the lining of the stomach or small intestine tissues that has been eroded by stomach acid, leaving an internal open wound. Ulcers penetrate into the lining of the stomach or duodenum (the first part of the small intestine). Gastritis may develop into ulcers. Peptic ulcers affect approximately 5 million Americans every year. Peptic ulcers can result from an infection of Helicobacter pylori or from drugs that weaken the lining of the stomach or duodenum. Discomfort caused by ulcers tends to come and go. A conventional diagnosis is based on symptoms and on the results of an examination called an endoscopy. Antacids and other drugs are given to reduce acid in the stomach, and antibiotics are given to eliminate the helicobacter pylori bacterium. Aspirin, nonsteroidal anti-inflammatory drugs and corticosteroids can irritate the stomach lining and cause ulcers. However, most people who take NSAIDs or corticosteroids do not develop peptic ulcers.

Peptic Ulcer-Specific Ulcers

Duodenal ulcers occur in the first few inches of the duodenum.

Gastric ulcers, which are less common, occur along the upper curve of the stomach.

Marginal ulcers can develop after stomach surgery, at the point where the remaining stomach has been reconnected to the intestine.

Stress ulcers can occur as a result of the stress of severe illness, skin burns, or trauma.

Peptic Ulcer-Causes

Ulcers develop when the normal defense and repair mechanisms of the lining of the stomach or duodenum are weakened, making the lining more likely to be damaged by stomach acid. People who smoke are more likely to develop a peptic ulcer than people who do not

and their ulcers heal more slowly. Although psychological stress can increase acid production, no link has been found between psychological stress and peptic ulcers.

Peptic Ulcer-Symptoms

Complications of peptic ulcers, are bleeding or rupture accompanied by symptoms of low blood pressure, dizziness and fainting.

Peptic Ulcer-Intuitive Insights

Seen intuitively, a peptic ulcer should not be mistaken for stomach cancer. Cancer grows and expands, whereas H. pylori creates a sore in the stomach lining. Sometimes, H. pylori "sets up shop" when a person is physically weak and when the immune system is compromised. This is why it is important for us all to make time for rest. Since bacteria generally cause peptic ulcers, you need to work on guilt issues of, "why you feel guilty for not feeling guilty." Since it is in the stomach, you need to work on issues of digestion. Digestion issues cycle around feeding yourself, taking in food and loving yourself. Other belief are: "I feel guilty for not taking time for myself," "I love myself," and "I understand what it feels like to say no and mean it."

Peptic Ulcer-Diet

- A diet of green leafy vegetables is beneficial to help with the pylori bacterium.
- Stay away from coffee and alcohol.
- Whenever possible avoid salt and sugar.
- Cows milk neutralizes stomach acid so it is best not to use it.

Peptic Ulcer-Supplements

- Amino acids.
- Pectin.
- Acidophilus.
- Bromelain.
- Essential fatty acids.
- Vitamin complex.
- Zinc.
- Aloe Vera juice-4 to 5 ounces a day.
- Cats claw for the liver.
- Noni juice.
- Catnip tea.

Pleurisy

Pleurisy occurs when the double membrane (pleura) that lines the chest cavity and surrounds each of the lungs becomes inflamed. Also called pleuritis, pleurisy typically

causes sharp pain, almost always during the act of breathing. Pleurisy is caused by the person coughing so hard that they pull the pleural lining away from their lungs.

Pleurisy-Intuitive Remedy

Always work on Healing the coughing problem before you work on the pleurisy itself. Pleurisy is an inflammation which can be rectified by commanding that the inflammation go away and the witnessing of the lining of the lungs re-attaching.

Pleurisy-Supplements

- Suggest the use of the herb Pleurisy Root to help them with their pleurisy.

Pneumonia

Pneumonia is a symptom, not a disease. Anytime there is fluid in the lungs that is caused by an outside influence, it is termed as pneumonia. Every year, more than 60,000 Americans die of pneumonia. Pneumonia is an inflammation of the lungs that is caused by infection with bacteria, viruses, fungi or other organisms. Pneumonia is of particular concern for older adults, people with chronic illnesses or impaired immune systems and the very young. Pneumonia that is contracted while in the hospital can be particularly dangerous. Signs and symptoms vary, with chest pain, fever, chills, cough and shortness of breath.

Antibiotics are used to treat bacterial pneumonias, but there are now antibiotic-resistant strains that are a growing problem. Be sure to take all antibiotics for the full schedule prescribed. Failure to follow the instructions could result in the bacteria becoming resistant to the antibiotic. Pneumonia often mimics a cold or the flu and begins with a cough and a fever. Chest pain is a common symptom of pneumonia. Pneumonia symptoms can vary greatly, depending the type of organism causing the infection that are as follows:

Pneumonia-Bacteria

Many types of bacteria can cause pneumonia. Signs and symptoms include shaking, chills, a high fever, sweating, shortness of breath, chest pain, and a cough that produces thick, greenish or yellow phlegm. Bacterial pneumonia is often confined to just one area (lobe) of the lung. This is called lobar pneumonia.

Pneumonia-Viruses

Viruses cause half of all pneumonias. Signs and symptoms start with a dry cough, headache, fever, muscle pain and fatigue.

Pneumonia-Mycoplasma

This tiny organism causes signs and symptoms similar to those of other bacterial and viral infections. This type of pneumonia is often called walking pneumonia.

Pneumonia-Fungi

Certain types of fungus cause pneumonia, although these types are less common.

Pneumonia-Pneumocystis carinii

Pneumonia caused by P. carinii is an infection that affects people with AIDS or those with compromised immune systems.

Pneumonia-Intuitive Insights

In a Healing, go up and ask the Creator to get rid of the infection. Understand that after the Healing the body still has a natural process to go through and has to recuperate from the sickness. The immediate benefits of the Healing will not become fully apparent until later. If you think that the Healing did not have immediate effects you are probably wrong. Healings have a subtle effect in the body. Do not doubt the Healing.

Pneumonia-Bacteria-Intuitive Remedy

Bacteria is easy to get rid of intuitively. Make the command "Creator, heal this and show me." Witness the healing as done.

Pneumonia-Bacteria-Belief Work

Guilt issues hold bacteria in the body.

Pneumonia-Downloads

- I know what it feels like to live without guilt.
- I know how to live without holding on to guilt.
- I know how to live without feeling guilty for who I am.
- I know how to live without feeling guilty for the way my body looks.
- I know how to live without feeling guilty for everything my parents have taught me.
- I know what a friend is.
- I know how to have friends.
- I know how to be a friend.

Pneumonia-Bacteria and Emotions

One of the reasons that bacteria is able to enter into the system is because of unbalanced emotions. If you are angry or in fear all the time, your immune system works harder. If these feelings of anger or fear continue, they have a tendency to exhaust the immune system. This is how emotions deplete the body. At other times the emotions

of fear and anger can be beneficial as survival reflexes. This is what they were designed for. However, they were not designed for continual, compulsive overuse. These negative emotions become positive if kept in balance. It can make you sick if you never express your anger and hold it inside. The ability to express your anger in a positive fashion is beneficial.

Pneumonia-Supplements

- To prevent and help pneumonia you can use echinacea.
- Ginger
- Goldenseal but not if you are diabetic.
- Cayenne pepper.
- Drink plenty of liquids to flush the system and use "green drinks" that contain chlorophyll. "Green Magic" is a good choice.
- Humidifiers in the room help people that have pneumonia.
- Air purifiers are helpful.
- Vitamin C 4000 mgs to 8000 a day. Only use 1000 mgs at a time this mean that you should space out the doses through the day.
- Vitamin A, Vitamin B and Vitamin E.
- Zinc 80 to 100 mgs a day.
- Pycnogenols.
- Proflavanols.
- Raw thymus gland.
- Essential fatty acids.

Polio

Polio is a viral illness that, in about 95% of cases, actually produces no symptoms at all (called asymptomatic polio). In the 4% to 8% of cases in which there are symptoms (called symptomatic polio), the illness appears in three forms:

- A mild form called abortive polio
- A more serious form associated with aseptic meningitis called nonparalytic polio
- A severe, debilitating form called paralytic polio (this occurs in 0.1% to 2% of cases)

People who have abortive polio or nonparalytic polio usually make a full recovery. However, paralytic polio, as its name implies, causes muscle paralysis - and can even result in death. In paralytic polio, the virus leaves the intestinal tract and enters the bloodstream, attacking the nerves (in abortive or asymptomatic polio, the virus usually doesn't get past the intestinal tract). The virus may affect the nerves governing the

muscles in the limbs and the muscles necessary for breathing, causing respiratory difficulty and paralysis of the arms and legs.

Polio-Intuitive Remedies

Once your body knows how to fight Polio you can carry Polio and survive. As a person gets older, post Polio syndrome can manifest in the body. One way to prevent this from happening, is to ask the Creator to change the marker for polio in the body. Remember, this is change and not pull the marker, because you still need the antibodies. Post Polio syndrome is devastating and actually shrivels people up. However, I know people who have survived Polio, but when they have turned 50 they never developed post Polio syndrome. They don't have the marker. They have cleared their body completely. I know people who were given the "sugar pill" (which was the first inoculation for polio) that have post Polio syndrome. When they first came out with the antidote for Polio they made a lot of sugar cubes. The first batch had more virus and so some of those people are going through post Polio syndrome. It's being misdiagnosed as some kind of strange form of Muscular Dystrophy. The doctors aren't really sure.

Use the basic Healing on polio.

Polyps

In conventional medicine, a polyp is any growth projecting from the wall of a cavity lined with a mucous membrane. A polyp may have a broad base, in which case it is called sessile; or it may be a pedunculated polyp, i.e., one with a long, narrow neck. The surface of a polyp may be smooth, irregular, or multilobular. The most common locations of polyps in the human body are the nose, the urinary bladder and the gastrointestinal tract, especially the rectum and colon. Women with diabetes have a higher than normal chance of developing polyps.

Symptoms of polyps depend upon their location and size. There may be no symptoms, or there may be symptoms resulting from pressure or from mechanical obstruction of all or part of a channel, such as that of the nose or the bowel. Polyps occasionally may bleed. Usually, polyps are simple, benign growths, but a small percentage can be precursors to cancers or may actually contain cancers. For that reason, it is advisable, when possible, to have all polyps removed and examined microscopically.

Polyps-Intuitive Insights

Intestinal polyps respond very well to Healings, whereas nasal polyps respond well to Vitamin C therapy.

Polyps-Dietary

- A diet high in fiber can help.
- Live foods, fresh fruits and vegetables.
- Increase water intake.
- Alcohol and caffeine will irritate polyps.

Polyps-Supplements

- Causes of polyps are allergies, smoking, cancers and parasites.
- High doses of Vitamin C (5000 to 10,000 mgs daily) can reduce or eliminate polyps.
- Vitamin A to protect the membranes.
- Calcium/magnesium.
- Vitamin E, but start slowly at 400 IUs to increased 600 IUs.
- Aloe Vera Juice seems to help.
- Garlic.
- Cayenne pepper.
- Mustard seed.
- Green tea.

Pregnancy

Most of the discomforts that occur during pregnancy are the result of changes with the body, nutritional deficiencies and profound anatomical changes. For a healthy pregnancy and birth, it is necessary to consult a qualified healthcare professional. The following are pregnancy related problems.

Pregnancy-Related Problems

Pregnancy-Anemia

Anemia occurs because there is a decrease in the proportion of red blood cells in the blood and also a decrease of the proportion of hemoglobin during pregnancy. The result can be anemia. Anemia is most likely to develop in the second trimester of pregnancy. It can cause fatigue, rapid heartbeat and paleness of the skin. There can also be cravings to eat substances other than food. Anemia is unlikely to affect the developing baby. It is the fetus that depletes the mother's resources of iron.

Pregnancy-Asthma

Many women who have asthma reduce their use of asthma medication when they

become pregnant. As a result, their asthma symptoms become worse. It has been found that there is more danger to the developing fetus from frequent asthma attacks as opposed to the mother taking the asthma medication itself. Women with asthma that are pregnant should discuss their medication regimen with their physicians. Women with asthma should avoid anything that might trigger an asthma attack. Air purifiers in the home are beneficial to relieve viruses' bacteria and molds from the air.

Pregnancy-Backache

- Backache is common during pregnancy because of the anatomical changes and stresses on the body.
- Swimming is a good way to relieve the strain on the back and on other parts of the body.
- Include two to three minutes of gentle stretching exercises a day.
- Be sure your mattress is firm enough to support you and sleep with a pillow supporting your back.
- Do not use high heeled shoes.
- Learn how to lift correctly.

Pregnancy-Bladder Discomfort

During a pregnancy, the expanding uterus presses upon the bladder. This can cause the bladder to not empty completely. This is why infections of the bladder are very common. To avoid this, use these suggestions.

- Avoid sugary foods
- Increase fluid intake.
- Eat natural yogurt everyday.
- Wear cotton underwear.
- Do not douche.

Pregnancy-Colds

Coughs and colds are more common during pregnancy. Once a pregnant woman has a cold, there is little she can do but let it run its course. A pregnant woman should never use cold and cough medications.

Pregnancy-Depression

- Depression can be common during pregnancy. Because of shifting hormone levels, it is not uncommon to experience at least one bout of depression during the 40 weeks of pregnancy. Mood swings are common and it is not unusual to be more emotional and volatile during pregnancy.
- Do not isolate yourself if you begin to feel depressed; have someone to talk to

about your feelings.

- Acupuncture can be beneficial to treat depression.
- Exercise can help lessen depression.
- The effect of antidepressants on the fetus are well known. A woman should talk to her doctor about antidepressants when pregnant.

Pregnancy-Gestational Diabetes

Gestational diabetes occurs only during pregnancy. It affects 3% to 5% of women. Gestational diabetes occurs because insulin does not work as effectively during pregnancy because of hormones secreted by the placenta. Gestational diabetes can cause a woman to have diabetes later on in life. Symptoms of gestational diabetes may include frequent urination, excessive thirst, increased fatigue or no symptoms at all. This disorder works very well with an instantaneous Healing because it is caused by an imbalance in the body and not by emotions.

Pregnancy-Ectopic Pregnancy

An Ectopic pregnancy is also called a tubular pregnancy. An ectopic pregnancy occurs when a fertilized egg becomes implanted in the fallopian tube instead of the uterus. This can happen if the fallopian tube is blocked because of inflammation, scar tissue, and endometriosis. If you see an ectopic pregnancy in a Reading, you should do a Healing immediately and send them to the doctor.

Other complications include edema, (which is swelling of the hands and feet) gas, heartburn, hemorrhoids, insomnia and leg cramps.

Pregnancy-Miscarriage

Spontaneous abortion is the technical term for a miscarriage. A spontaneous abortion is defined as the loss of a pregnancy before 20 weeks. The most likely reason is a chromosomal abnormality in the fetus that makes it unlikely for the fetus to survive. Other reasons include cervical incompetence, ectopic pregnancy, infection, glandular disorders, diabetes, and pregnancy induced hypertension. Miscarriages are generally not caused by exercise, sexual activity or falls.

In many instances I have anticipated a miscarriage before it happens. It is possible to do a Healing that will stop the miscarriage. However, many of the decisions of a miscarriage are dependent upon the choices of the baby. It may be that the baby does not want to stay.

Pregnancy-Supplements

- The kinds of supplements that a pregnant woman can use are limited.

- Alfalfa is a good source of vitamins and minerals, especially Vitamin K.
- Stinging nettle is also a good source of vitamins and minerals.
- Blue cohosh, false unicorn and squawvine are beneficial in the last four weeks of pregnancy, but should not be used in the beginning of pregnancy.
- Burdock root, dandelion, ginger and nettle help to enrich the mother's milk.
- Red raspberry leaf tea helps the uterus contract more effectively. It also helps to enrich mother's milk.

Breast-feeding is one of the best things for a baby, at least in the first three months of life. Mother's milk is the most nutritious food for a baby, but also provides crucial disease fighting agents. The mother's diet should include a substantial amount of liquids and extra portions of calcium rich foods while breast feeding.

Pregnancy-Herbs to Avoid

Avoid the following herbs in pregnancy:

- Aloe vera, angelica, arnica, barberry, black cohosh, blood root, cats claw, celandine, cottonwood bark, dong quai, ephedra, feverfew, ginseng, goldenseal, lobelia, myrrh, Oregon grape, pennyroyal, rue, sage, saw palmetto, tansy and turmeric. Use caution with any herbs especially in the first twelve weeks.
- Do not use mineral oil. Mineral oil blocks the absorption of vitamins.
- Do not use castor oil to start a delivery. Castor oil is a volatile substance!
- Avoid the sweetener NutraSweet that contains high levels of D phenylalanine.
- Avoid taking any kind of shark cartilage.
- Taking the drug Dilantin that is used to control epileptic seizures creates four times the risk of producing a baby with heart defects. Antibiotics such as ampicillin and tetracycline may cause malformations.

The following substances can cause birth defects:

- Certain ACE inhibitors.
- Certain acne medications
- Certain antibiotics.
- Certain blood thinning medications.
- Certain cancer drugs.
- Certain hormone preparations.
- Certain thyroid treatment drugs.
- Chronic alcohol intake.
- Cocaine.
- The excessive intake of vitamin E has been linked with cleft palate, heart defects and other congenital defects.

Pregnancy-Concerns

The lack of zinc, manganese, folic acid and amino acid imbalances have been linked to fetal deformities and retardation. All women who are thinking of becoming pregnant should take a daily supplement of folic acid and vitamin B complex.

Both partners should give up alcohol, tobacco and illicit drugs at least three to six months before they decide to conceive. Marijuana, heroin, morphine and tobacco all reduce levels of male sex hormones and increase the risk of birth defects.

Men should take adequate amounts of selenium, zinc, vitamin C and vitamin E.

Prostatitis

Prostatitis is inflammation or infection of the prostate gland. The prostate gland is an organ about the size and shape of a walnut, located just below the bladder in men. The prostate gland produces semen, the fluid that helps nourish and transport sperm. Prostatitis can cause a variety of symptoms, including a frequent and urgent need to urinate and pain or burning when urinating — often accompanied by pelvic, groin or low back pain.

Prostatitis is classified by the National Institutes of Health (NIH) into four types.

- Type 1 is acute bacterial prostatitis.
- Type 2 is chronic bacterial prostatitis.
- Type 3 includes the conditions previously known as nonbacterial prostatitis, prostatodynia and chronic pelvic pain syndrome.
- Type 4 is asymptomatic inflammatory prostatitis.

Pain relievers and several weeks of treatment with antibiotic are typically needed for Type 1 and 2 prostatitis, which are bacterial infections.

Treatment for Type 3 prostatitis (nonbacterial) is less clear and mainly involves relieving symptoms.

Type 4 prostatitis is usually found during examination for another reason and often doesn't require treatment. The signs and symptoms vary depending on the various types of prostatitis.

Acute bacterial prostatitis: Type 1

Signs and symptoms of this form of prostatitis usually come on suddenly and may include:

- Fever and chills.
- Flu-like symptoms.
- Pain in the prostate gland, lower back or groin.
- Urinary problems, including increased urinary urgency and frequency, difficulty or pain when urinating, inability to empty the bladder and blood-tinged urine.
- Painful ejaculation.

Chronic bacterial prostatitis: Type 2

The signs and symptoms of this type of prostatitis develop more slowly and usually aren't as severe as those of acute prostatitis. In addition, symptoms have a tendency to wax and wane in severity.

Prostatitis-Signs and Symptoms of chronic bacterial prostatitis include:

- A frequent and urgent need to urinate.
- Pain or a burning sensation when urinating.
- Pain in the pelvic area.
- Excessive urination during the night.
- Pain in the lower back and genital area.
- Difficulty starting to urinate, or diminished urine flow.
- Occasional blood in semen or in urine.
- Painful ejaculation.
- A slight fever.
- Recurring bladder infections.

Prostatitis-Chronic Non-Bacterial Prostatitis: Type 3

The signs and symptoms of non-bacterial prostatitis are similar to those of chronic bacterial prostatitis, although there may not be a fever. The only way to determine whether prostatitis symptoms are caused by bacterial infection or are non-bacterial is through lab tests to find out whether bacteria is present in the urine or prostate gland fluid.

Prostatitis-Other Conditions

Prostatitis can be difficult to diagnose, in part because its signs and symptoms often resemble those of other conditions, such as bladder infections, bladder cancer or prostate enlargement due to benign or cancerous growth of the prostate.

Prostatitis-Supplements

- Saw Palmetto has been used to treat prostate enlargement and inflammation,

painful ejaculation, difficult urination and enuresis. Saw Palmetto reduces prostatic enlargement by reducing the amount of hormonal stimulation of the prostate gland.

- Siberian ginseng is a tonic for the male reproductive organs.
- Stinging nettle is good for the prostate.
- Horsetail is astringent and can be used for prostate enlargement in small amounts.
- Echinacea
- Olive leaf extract.
- Glutathione.
- Omega 3's, 6's and 9's.
- Chelated zinc deficiency is linked to the enlargement of the prostate, so zinc supplements should be an option.
- Regular exercise.

Prostatitis-Downloads-Beliefs

- Most issues are with relationships.
- I know how to express myself in relationships.
- I know how to feel good about myself.
- I know when to fight for who I am.
- I can change my life.
- I love myself.
- Prostatitis-Downloads-Beliefs
- I know what it feels like to be completely loved and to how to change my life.
- I know how to express myself in relationships.
- I know how to feel good about myself.
- I know when to fight for who I am.

Psoriasis

Psoriasis is an inflammatory skin condition. There are five types of psoriasis, each with their own signs and symptoms. Between 10% and 30% of people who develop psoriasis get a related form of arthritis called "psoriatic arthritis," which causes inflammation of the joints.

Plaque psoriasis is the most common type of psoriasis. About 80% of people who

develop psoriasis have plaque psoriasis, which appears as patches of raised, reddish skin covered by silvery-white scale. These patches, or plaques, frequently form on the elbows, knees, lower back and scalp. The plaques can occur anywhere on the body.

Guttate psoriasis is typified by small, red spots on the skin.

Pustular psoriasis is typified by white pustules surrounded by red skin.

Inverse psoriasis is typified by smooth, red lesions that form in skin folds.

Erythrodermic psoriasis is typified by widespread redness, severe itching and pain.

Regardless of type, psoriasis usually causes some discomfort. The skin often itches and it may crack and bleed. In severe cases, the itching and discomfort may keep a person from sleeping and the pain can make everyday life difficult.

Psoriasis is a chronic condition because there is currently no medical cure. People often experience flares and remissions throughout their life. Controlling the signs and symptoms can require lifelong conventional therapy.

Psoriasis-Conventional Treatment

Treatment depends on the severity and type of psoriasis. Some psoriasis is so mild that the person is unaware of the condition. A few people develop such severe psoriasis that lesions cover most of the body and hospitalization is required. These represent the extremes. Most cases of psoriasis fall somewhere in-between.

- Topical treatments–agents applied to the skin–are usually the first line of defense in treating psoriasis.
- Phototherapy (UVB, PUVA and lasers) involves exposing the skin to wavelengths of ultraviolet light under medical supervision.
- A systemic medication is a prescription medication that affect the entire body and is usually reserved for patients with moderate to severe psoriasis. Biologics is a type of systemic medication.
- Many people choose to treat their psoriasis in non-traditional ways, including mind and body therapies, dietary supplements and sunlight.

More than 4.5 million adults in the United States have been diagnosed with psoriasis and approximately 150,000 new cases are diagnosed each year. An estimated 20% have moderate to severe psoriasis.

Psoriasis occurs equally in men and women. Recent studies show that there may be

an ethnic link. It seems that psoriasis is most common in Caucasians and slightly less common in African Americans. Worldwide, psoriasis is most common in Scandinavia and in northern Europe. It appears to be far less common among Asians and is rare in Native Americans. There also is a genetic component with psoriasis. Approximately one-third of people who develop psoriasis have at least one family member with the condition.

Research shows that the signs and symptoms of psoriasis usually appear between 15 and 35 years of age. About 75% develop psoriasis before age 40. However, it is possible to develop psoriasis at any age. After age 40, a peak onset period occurs between 50 and 60 years of age. About 1 in 10 people develop psoriasis during childhood and psoriasis can begin in infancy. The earlier the psoriasis appears, the more likely it is to be widespread and recurrent.

Psoriatic arthritis develops in roughly one million people across the United States and 5% to 10% experience some disability. Psoriatic arthritis usually first appears between 30 and 50 years of age — often months to years after skin lesions first occur. However, not everyone who develops psoriatic arthritis has psoriasis. About 30% of people who get psoriatic arthritis never develop the skin condition.

Psoriasis-Causes

Scientists still do not fully know what causes psoriasis, but research has appreciably advanced our understanding of it. One important breakthrough began with the discovery that kidney-transplant recipients who had psoriasis experienced it clear up when taking cyclosporine. Cyclosporine is a potent immunosuppressive medication and this indicates that the immune system is involved. Researchers now believe that psoriasis is immune related. This means the condition is caused by faulty signals in the body's immune system. It is believed that psoriasis develops when the immune system tells the body to over-react and accelerate the growth of skin cells. Normally, skin cells mature and are shed from the skin's surface every 28 to 30 days. When psoriasis develops, the skin cells mature in 3 to 6 days and move to the skin surface. Instead of being shed, the skin cells pile up, causing the visible lesions.

Researchers have identified genes that cause psoriasis. These genes determine how a person's immune system reacts. These genes can cause psoriasis or another immune-mediated condition, such as rheumatoid arthritis or type 1 diabetes. The risk of developing psoriasis or another immune-mediated condition, especially diabetes or Crohn's disease, increases when a close blood relative has psoriasis.

The skin is the largest organ in the body and it eliminates an incredible amount of toxins through perspiration. This is why it is imperative that the liver stays clean. Re-

search in this field indicates that a "trigger" is needed to stimulate psoriasis. Stress, skin injuries, strep infection, drug and alcohol abuse, certain medications and sunburn are some of the known potential triggers. Medications that can trigger psoriasis are anti-malarial drugs, beta-blockers and lithium. Psoriasis research continues to accelerate and will continue to advance our knowledge of what causes psoriasis.

Psoriasis-Intuitive Remedies

Since psoriasis is genetic, go back in time to eliminate it and bring that Healing into the present. When I work on psoriasis, I make the changes on a genetic level.

I believe that psoriasis is caused by a miasm. It is believed that a miasm is caused by a marker in the DNA left from a disease inherited through an ancestor. The virus (or whatever disease) disrupts and changes the genetic code and it changes as it is passed down. For instance, it is thought that syphilis mutates in the DNA that produces the predisposition for psoriasis passed down from generation-to-generation. Regardless, it still has mutated the gene.

You can go back in time to work on the grandfather's syphilis and watch the energy being brought through the generations into the present for the changes to benefit your client. Once I have made these genetic changes in the client, I work to clear the residual energies that are left over. In the client, I think the miasm has mutated to a fungal energy that has gone into the DNA and invaded the liver.

Psoriasis-Supplements

- If the liver is clean, the skin is also clean. I work with it as though it were a fungus and suggest they use ALA, 600 along with omega 3s 6s and 9s and it seems to clear the body up quickly.
- Noni helps with psoriasis.
- Coal tar and black walnut salve topically.
- Alpha lipoic acid in suggested doses of 600 mgs moving up to 900 to 1500 mg a day for about 3 or 4 months.
- Vitamin B6.
- Fungi cleanse for 3 months and vitamin D ointment.
- Use coffee enemas and do liver cleanses.
- Lecithin is helpful.
- Psoriasis can be cleaned up with good vitamins. Vitamin C, vitamin E and vitamin B complex.
- Selenium.
- Folic acid.
- Sibu berry juice.

Psoriasis-Herbs

- Blood purifiers such as echinacea and red clover.
- Milk Thistle for clearing the liver.
- Sarsaparilla.
- Amino acid complexes.

Psoriasis-Downloads-Beliefs

Belief systems associated with the skin all have to do with beauty.

- I know what it feels like to be beautiful.
- People don't like me because I'm different.
- I have to hide.

The Reproductive System-Sexual System

The major function of the reproductive system is to ensure survival of the species. An individual may live a happy life without producing offspring, but if the species is to continue, at least some individuals must reproduce.

The reproductive system has four functions within the paradigm of reproduction:

- The production of egg and sperm cells.
- The transportation and continuance of these cells.
- The nurturing and the development of offspring.
- To produce hormones.

These functions are divided between the primary and secondary reproductive organs. The primary reproductive organs, or gonads, consist of the ovaries and testes. These organs are responsible for producing the egg and sperm cells and for producing hormones. All other organs, ducts and glands in the reproductive system are considered secondary reproductive organs.

The Reproductive System-Sexual System-The Sexual Chakra

Abundance flows best when the first and the second base chakras are open and negative Programs are cleared from these areas. Programs held in this area of the body can stem from old stored anger or sexual abuse.

The Reproductive System-Sexual System-Molestation

Sexual abuse is registered any time something is said to the child that diminishes them and their esteem. When you clear those chakras, you will have more abundance and the pelvic stomach muscle will become tighter in women. There might also be issues from childbirth and being on this earth. Those beliefs will be different depending on the person's cultural background.

The Reproductive System-Issues of Intimacy

Knowing Creator's definition and perspective of what it feels like:

... to be intimate.

... to be nurtured.

... to be listened to completely.

... to listen to your mate completely.

Some people think that if you do not have sex all the time you are not loved and you are not intimate.

The Reproductive System-Sexual System-Programs

- I have the Creators definition of what intimacy is.
- I know what it feels like to live my daily life without being victimized.
- Check to see if a divorced person feels free of any commitment to a prior mate.
- I have the Creators definition of what it feels like to receive and accept love from a mate.
- It's ok to feel sexual, sensual and sexy and still have good discernment.
- I have the Creators definition of what it feels like to enjoy sex with my mate.

The Reproductive System-Sexual System-Molestation Beliefs-Downloads

- I can receive and accept sexual love.
- It's ok to be sexy.
- It's ok to have sex and be spiritual.
- I know what it feels like to live without being married to God.
- I know what it feels like to live without my previous marriage.
- I know and understand my partner completely.
- I know what it feels like to live without it being my duty to have sex.
- I know what it feels like to live without having to be a sacrifice.
- It's Ok to enjoy sex.
- I know what it feels like to live without perceiving sex as dirty.
- I know how to live without the fear of sex in the dark or in any other environment.
- It's ok to show sexual emotion.
- It's ok to be sensual.
- I know what it feels like to live without being embarrassed about sex.
- I respect my body.
- It's ok to be in my body.
- It's ok to be a girl or a boy.
- I know how to be present in the relationship.
- I know what it feels like to live without having sex all the time.
- I know what it feels like to live without sex being my duty.
- It's okay to show emotions during sex.
- I know how to live without guilt.

The Respiratory System

The Respiratory System-The Lungs

When you are doing a body scan, listen to the songs the organs sing to each other, similar to the tones from a harp. Observe the lungs laugh and giggle with the joy of existence. The lungs are full of joy as they gather the pure life force of the air and convert oxygen into energy. There are three molecules that we carry with us in all of our embodiments: one master cell in the brain, one at the base of spine and one in the heart. When we breathe, we activate and connect all three.

The Respiratory System-Asthma

Studies have proven that children with asthma who were under stress and anxiety developed asthma because of emotional tension. The lungs are very sensitive to emotions. These studies also showed that children who were permitted to play outside (in the dirt) developed a stronger immune system than other children and the prevalence for asthma and allergies is considerably less.

The Respiratory System-Silent Crying

When grief is never released it becomes stored in the lungs. This is the Silent Crying. In most instances, this grieving is released by tears. There are individuals that never allow themselves to grieve. This grief ends up as challenges to them in the lungs. These stored emotions can cause physical detriment and weaken the immune system. When you work on the lungs to release old stored emotions, work with the adrenals as well. If a person has sinus problems, it may mean that they need to cry to release the emotions that have built up. Lungs are so connected to the Creator that as you release sadness, your connection to the Creator will become stronger. Loneliness can be an emotion that is found in the lungs.

The Respiratory System-The Lungs

The lungs can hold feelings such as grief and sorrow. Any sickness correlated or associated with the lungs has to do with great sorrow, pain and fear. Fear often breeds sorrow. Talk to the person to find out what their life is like, what is going on in their life to help them to release some of the grief.

Sorrow is one of the major emotions. You may not be able to completely change their sorrow, but you can pull out the Program that they have to have grief and that love hurts. Changing these things in their lungs will change their life immediately. Also, one thing that affects the lungs probably more than anything is the lack of enough water.

A lack of water can contribute to a person being asthmatic, causing major problems in the lung area. Make sure you suggest that they use enough water to hydrate themselves. Unfortunately, some of the water that we drink will not hydrate us since the molecular structure of the water is changed as it travels through our plumbing. This is caused by the water spinning in the wrong direction as it goes through the plumbing.

To counter this effect, hold a glass of water in your hands before you drink it; see the molecules shift to the different direction. This will allow you to absorb the water with less difficulty.

The Respiratory System-Sorrow and Grief

Sorrow influences the lungs. When someone dies that you deeply love, every cell in your body grieves for the loss of that person. If a person with a shared DNA connection dies, suddenly your DNA cannot connect to that person on a physical level. Because of this, your body will go through a mourning process. In some instances, this grieving process will play itself out in the lungs. This can be prevalent in men more so than in women. Men tend to carry Programs that will not permit them to grieve and release the pain held by the body. Many times they have Beliefs that they must be the strong one. This emotional congestion builds up as sorrow in the lungs.

The Respiratory System-Downloads for the Lungs

- I know what it feels like to live without being a victim.
- I have the Creator's definition of what it is to cry.
- I know what it feels like to live without regret.
- I know what the Creator's definition of forgiveness feels like.
- I know how to live in joy.

The Respiratory System-Programs of the Healer

Acknowledge that you have compassion for the people you work with, without taking on and storing their pain and sadness. Test yourself for "It's OK to cry if I want to," and "I know what compassion feels like."

Reye's Syndrome

Reye's syndrome (RS) is chiefly a children's disease, although it can occur at any time. It affects all organs of the body but is also most harmful to the brain and the liver; the outcome of which is an acute increase of pressure within the brain. Often there are substantial accumulations of fat in the liver and other organs. RS is defined as a two-phase illness because it generally occurs in conjunction with a previous viral infection, such

as the flu or chicken pox. The disease commonly occurs during recovery from a viral infection, although it can also develop 3 to 5 days after the onset of the viral illness. RS is often misdiagnosed as encephalitis, meningitis, diabetes, drug overdose, poisoning, sudden infant death syndrome, or psychiatric illness.

Reye's Syndrome-Symptoms

Symptoms of RS include persistent or recurrent vomiting, listlessness, personality changes such as irritability or combativeness, disorientation or confusion, delirium, convulsions and loss of consciousness. If these symptoms are present during or soon after a viral illness, medical attention should be sought immediately. The symptoms of RS in infants do not follow a typical pattern. For example, vomiting does not always occur. The cause of RS remains a mystery. However, studies have shown that using aspirin or salicylate-containing medications to treat viral illnesses increases the risk of developing RS. A physician should be consulted before giving a child any aspirin or anti-nausea medicines during a viral illness, which can mask the symptoms of RS.

Reye's Syndrome-Conventional Treatment

There is no known medical cure for RS. Successful management depends on early diagnosis and is primarily aimed at protecting the brain against irreversible damage by reducing brain swelling, reversing the metabolic injury, preventing complications in the lungs and anticipating cardiac arrest.

Recovery from RS is directly related to the severity of the swelling of the brain. Some people recover completely, while others may sustain varying degrees of brain damage. Those cases in which the disorder progresses rapidly and the patient lapses into a coma have a poorer prognosis than those with a less severe course. Statistics indicate that when RS is diagnosed and treated in its early stages, chances of recovery are excellent. When diagnosis and treatment are delayed, the chances for successful recovery and survival are severely reduced. Unless RS is diagnosed and treated successfully, death is common, often within a few days. However, if the child receives electrolytes and proper care quickly enough, the recovery rate is excellent.

Reyes syndrome is generally in children and it is thought that one of the major causes is aspirin being used for a viral infection. Generally there are no Belief Systems to work on because children do not have that many.

Reye's Syndrome-Healing

Reyes syndrome reacts well to a simple Healing. Go up and ask the Creator to "Change this and to show me."

Reye's Syndrome-Supplements

- It is very important to be careful when giving a child supplements. Be certain that the child is on the way to recovery before you consider any supplementation. Discuss any supplements with a healthcare professional before using them.

Rheumatic Fever

Rheumatic fever is a serious inflammatory condition that can affect many parts of the body, including the heart, joints, nervous system and skin. Although rheumatic fever can occur at any age, it most frequently occurs in children between the ages of 6 and 15 years. The disease is twice as common in boys as it is in girls.

Symptoms of rheumatic fever generally appear within five weeks after an untreated streptococcal (strep-throat) infection. Most cases of strep throat do not lead to rheumatic fever. Only a small percentage of people with strep throat develop rheumatic fever. In many cases, rheumatic fever may affect the heart valves and interfere with normal blood flow through the heart. There is no known medical cure for rheumatic fever, but it can be prevented by prompt and thorough treatment of a strep-throat infection with antibiotics.

Rheumatic fever is not as common in the United States today as it was at the start of the 20th century, before the widespread use of the antibiotic penicillin. Outbreaks do occur periodically. Rheumatic fever is still common in developing countries.

Common signs and symptoms of a strep infection include:

- Sore throat.
- Red and swollen tonsils.
- Fever.
- Headache.
- Muscle aches.

Signs and symptoms of rheumatic fever may include a combination of painful swollen joints, chest pain, fatigue and shortness of breath. In diagnosing rheumatic fever, doctors generally look for the presence of either two of the following major criteria or the presence of one major plus two minor criteria. In all cases, evidence of a preceding strep throat infection is key to making a diagnosis of rheumatic fever.

Rheumatic Fever-Foremost Criterion

- Inflammation of the heart, sometimes indicated by weakness and shortness of breath or chest pain.

- Painful arthritis, most often affecting the ankles, wrists, knees and elbows and often migrating from joint to joint.
- Involuntary, jerky movements of the limbs and face or more slight movement difficulties, such as deterioration in handwriting. These signs usually disappear over weeks to months.
- Broad, pink or faint-red, non-itching patches on your skin (uncommon).
- Lumps under the skin (uncommon).
- Rheumatic Fever-Minor Criterion
- Joint pain without inflammation.
- Fever.
- Previous rheumatic fever or evidence of rheumatic heart disease.
- Abnormal heartbeat on an electrocardiogram.
- Blood test indicating inflammation.
- New heart murmurs.

Rheumatic Fever-Causes

The exact causes of rheumatic fever are not clear. In a few people, it seems that when the body fights a strep throat infection, other parts of the body develop inflammation. For example, the heart valves are not necessarily infected with the streptococcal bacteria, but they can be injured or inflamed as the body fights strep throat. Medical research has focused on an abnormal immune system response to the antigens produced by specific types of streptococcal bacteria. One possible cause for this is the similarities between streptococcal antigens and heart valve proteins and heart muscle cells. In addition, researchers are studying whether some people have a greater genetic disposition for an abnormal immune system response to streptococcal antigens.

Rheumatic Fever-Intuitive Remedies

Most of the time I do not work with people during the time they have the illness of rheumatic fever. I generally deal with illness after they have had it. It is the problems caused by the disease that I work with. These are generally heart arrhythmias (and other problems with the heart), skin problems, arthritis and kidney problems.

Since rheumatic fever was contracted in childhood in the past, you have to go back into the past to find out what was happening when they first contracted the disease. You will want to talk with the person about the emotions that were going on at that time, (if they can remember). Use the Belief Work to follow the trail to the Bottom Issues.

If they can't remember the past, go back in time and witness as the Creator does a Healing on the disease as if you were in that time frame. Then bring the energy of

Healing back to the present. This has a tendency to relieve the overall symptoms.

Rheumatic Fever-Supplements

- It is very important to be careful when giving a child supplements. Be certain that the child is on the way to recovery before you consider any supplementation. Discuss any supplements with a healthcare professional before using them.
- If they are over 18 years old I suggest the following:
- ALA.
- Omega 3s, 6s, and 9s.
- Amino acids.
- Vitamin C.
- Chondroitin Sulfate for the joints.

Rickets-Osteomalacia

Osteomalacia is softening of the bones, caused by not having enough vitamin D, or by problems with the metabolism (breakdown and use) of this vitamin. These softer bones have a normal amount of collagen that gives the bones its structure, but they are lacking in calcium. There are numerous causes of osteomalacia. In children, the condition is called rickets and is usually caused by a deficiency of vitamin D.

Conditions that may lead to osteomalacia include:

- Not enough vitamin D in the diet.
- Not enough exposure to sunlight, which produces vitamin D in the body.
- Malabsorption of vitamin D by the intestines.
- Hereditary or acquired disorders of vitamin D metabolism.
- Kidney failure and acidosis.
- Phosphate depletion associated with not enough phosphates in the diet.
- Cancer.
- Side effects of medications used to treat seizures.
- Liver disease.

Early signs include nervousness, painful muscle spasms, as well as cramps and numbness in the extremities. Bone malformations may develop due to softening of the bones. This may cause bowed legs, knock-knees, scoliosis, a narrow rib cage, a protruding breast bone, bending at the ends of the ribs, delayed walking, irritability, restlessness and profuse sweating.

The use of very strong sunscreen, limited exposure of the body to sunlight, short days of sunlight and smog are factors that reduce formation of vitamin D in the body. It is most likely to occur in pregnant women and nursing mothers, whose nutritional requirements are higher than normal, or people with malabsorption problems.

Risk factors for osteomalacia are related to the causes. In the elderly, there is an increased risk among people who tend to remain indoors and those who avoid milk because of lactose intolerance. If left undiagnosed, it can cause renal failure.

Rickets-Osteomalacia-Intuitive Remedies

Go in to the persons space and command the body to return to health and accept vital nutrients.

Rickets-Osteomalacia-Supplements

Essential nutrients are

- Boron, calcium, phosphorus, silica and vitamin D3 used together so that they can be metabolized together.
- Multi-Vitamin &mineral complex plus extra vitamin B12.
- A diet high in calcium is essential.

Scabies

Scabies is an infestation by the mite, Sarcoptes scabiei. Mites are small eight-legged parasites. They are tiny, just 1/3 millimeter long and burrow into the skin to produce intense itching, which tends to be worse at night. The mites that cause scabies are not visible with the naked eye but can be seen with a magnifying glass or microscope.

Scabies mites are very sensitive to their surroundings. They can only live off a host body for 24 to 36 hours under most conditions. Transmission of the mites involves close person-to-person contact of the skin-to-skin variety. It is hard, if not impossible, to catch scabies by shaking hands, hanging your coat next to someone who has it, or even sharing bedclothes that had mites in them the night before. The physical contact required to contract scabies may be sexual. Sexual contact is the most common form of transmission among sexually active young people. However, other forms of physical contact such as mothers hugging their children, are enough to spread the mites. Over time, close friends and relatives can contract them this way, too. School settings typically do not provide the level of close personal contact necessary for transmission of the mites.

Scabies infects 300 million people every year. When the rash first appears. you may see fine wavy lines emanating from some of the lumps if they are observed closely. These can become dry and begin itching especially at night. It seems to affect areas of the buttocks, the genitals, nipples, armpits, as well as the skin between the toes and fingers.

Diagnosis of this condition is usually a scraping of the skin taken by a doctor. The scraping is then taken and examined under a microscope. Scabies is considered to be a sexually transmitted disease.

Scabies Herbal Remedies

- Aloe Vera has excellent healing properties, apply gel topically to the affected area as directed on the product label.
- Melaleuca oil applied topically to the affected area can help as well. However be careful with Melaleuca oil in those more sensitive places such as the groin and nipples and avoid putting Melaleuca oil directly to open wounds (it will burn).
- Comfrey applied topically to the skin can help scabies.

Scabies Remedies

- Foods high in zinc can be helpful.
- A topical Scabicide called Permerthrin is believed to be safer with fewer side effects than the old product called Lindane.
- Scabicides are not recommended for children under age 6 or for pregnant women. In such cases a mild solution applied to the hair is usually recommended.
- Calendula salve, cold compresses and cool oatmeal baths are natural alternatives to alleviate the swelling and itching.

Salmonella

Salmonella is something that can be contracted from uncooked chicken. A salmonella bacterium is found wherever animals live. The bacteria can withstand hot and cold weather, even rain and drought. During slaughtering and processing, salmonella may contaminate animal carcasses. In recent years, fresh fruits and vegetables have been implicated in outbreaks of salmonellosis. Tomatoes and cantaloupes were linked to salmonellosis. Investigations of these incidents did not identify the source of contamination. It possibly could have occurred in the fields where the produce was grown, during processing after harvest or during handling in the distribution system. Person-to-person transmission of salmonella occurs when a carrier's feces, unwashed from his or her hands, contaminates food during preparation or through direct contact with another person. Usually the illness comes from food contaminated with animal feces found on or in raw meats, eggs, fish, shellfish and most commonly, in poultry. Salmonella can make you so sick that you can sometimes bleed intestinally. Symptoms include headache, muscle aches, diarrhea, vomiting, chills, fever, nausea and dehydration. Salmonella isn't food poisoning, but a live bacterium.

Salmonella-Intuitive Insights

The first Healings that I did to stop Salmonella were a bit harsh. I would go up and make the command "Creator, heal this and show me what has to be done, get rid of this right now." This caused the person to immediately start to purge. They would throw up off and on for 30 or 40 minutes and then they felt better. Over time these Healings became instantaneous.

If a person has salmonella and they are not open to Healings, use this little short cut. This is a little shortcut that doesn't have to do with Healing at all; it has to do with the fact that salmonella dies at the first stroke of the herb thyme. The herbal thyme will kill it right away. I suggest that if you are going to go traveling or camping and get exposed to salmonella, e-coli or giardia, you may not be able to get your brain waves down theta

to do a Healing on yourself. You may want to take Listerine with you when you travel because it has thyme in it. It also works with giardia and e-coli. You may not be able to take some herbs when you go to other countries because of custom restrictions, but if you can, travel with thyme. What has thyme in it is Listerine. Take a tablespoon, then another in another hour and another in about 2 hours.

Salmonella-Intuitive Remedy

Use the Healing: Creator change this and show me.

Saudi Syndrome

I believe that people serving in the Gulf War (in Saudi Arabia) were injected with anthrax and exposed to radiation and all sorts of toxins, causing the Saudi Syndrome. Partners can be exposed through male semen.

Saudi Syndrome-Intuitive Insights

This has a grayish energy in the body.

Saudi Syndrome-Intuitive Remedy

Witness the toxins pulled from the body and sent to the Creators light. Use the Belief Work to find the emotions and beliefs at the time of exposure.

Saudi Syndrome Supplements or Other Remedies

Sit in a sauna for 1 hour a day to relieve the body of toxins. Take zinc, selenium and alpha lipoic acid (1200 mg to 1600 mg). Do liver cleanses. Aqua chi foot bath soaks are recommended.

Scars

People will tell me that they don't like a certain scar on their body. I know that if they put vitamin E on the scar and use a little extra selenium most scars will fade. When Healings are done on a scar, the client must understand that it can take 3 months or so for all the skin layers to completely heal and the scar to disappear. It is interesting how people will become compulsive towards their scar and do all they can to make it disappear. This is because it's the incident that created the scar that they are really trying to get rid of. I go into the tissue and witness it dis-create then recreate the scar through the Creator of All That Is and use the Belief Work for emotions and beliefs from the time that the scar was created.

Schizophrenia

There was a woman with schizophrenia that would come into my offices trying to get a Reading from me. She had developed a fascination with me, even though I had never met her before and had never spoken with her. She began to believe that I was her best friend and she believed that she talked to me at night in her sleep. She would constantly write me letters, telling me that she believed that the end of the world was coming and certain people were after her. She would write letters to another person, a man that she was obsessed with that came in to my offices to find out why she was after him. Apparently, she told him that I was her best friend. She would tell him in these letters that he was her boyfriend. He told me he had never met her. You can imagine how surprised we both were when we discovered that neither one of us knew her. These kind of delusional episodes are typical of schizophrenia.

Schizophrenia is a chronic, severe and disabling brain disorder that has been recognized throughout recorded history. People with schizophrenia may hear voices other people do not hear or they may believe that others are reading their minds, controlling their thoughts, or plotting to harm them. These experiences are terrifying and can cause fearfulness, withdrawal, or extreme agitation. People with schizophrenia may not make sense when they talk, may sit for hours without moving or talking much, or may seem perfectly fine until they talk about what they are really thinking. Because many people with schizophrenia have difficulty holding a job or caring for themselves, the burden on their families and society is significant.

Available treatments can relieve many of the disorder's symptoms, but most people who have schizophrenia must cope with some residual symptoms as long as they live. Nevertheless, this is a time of hope for people with schizophrenia and their families. Many people with the disorder now lead rewarding and meaningful lives in their communities. Researchers are developing more effective medications and using new research tools to understand the causes of schizophrenia and to find ways to prevent and treat it.

There are four basic types of schizophrenia:

Catatonic schizophrenia is characterized by unusual postures and frenzied movement.

Disorganized schizophrenia is characterized by a lack of normal regular motion along with speech that displays a disorganized way of thinking.

Paranoid schizophrenia is characterized by hallucinatory and delusional symptoms.

Undifferentiated schizophrenia involves a mixture of symptoms.

The underlying cause or causes of schizophrenia are not known. There are many theories and some researchers believe that schizophrenia is hereditary and there is evidence in some cases that it is the result of an inherited defect in body chemistry.

Others theorize that schizophrenia results from external factors such as complications during birth, head injury, a reaction to virus, including the influence of virus, or environmental poisonings that reach the brain to damage it.

Yet another theory focuses on nutritional factors. There is some indication that schizophrenia may be associated with high copper levels in body tissues.

Zinc deficiency may result in damage to the pineal gland. This damage can make an individual vulnerable to schizophrenia or other psychoses.

As many as 2 million Americans suffer from schizophrenia. In general, men appear more likely to have this disorder than women. This may be due to the hormone estrogen, which may protect the brain in women. The levels of and the balance between the neurotransmitters dopamine, serotonin, epinephrine and nor-epinephrine and the way in which the brain responds to these substances is thought to play a profound role in the development of schizophrenia.

Schizophrenia- Intuitive Causes

I believe that schizophrenia is caused by a virus about 50% of the time. This will cause a energetic separation in the cerebrum making a division in the brain, thus making a person with two personalities. This makes a person that has no filters between the imagination, the intuitive information that comes into the brain from the outside and from unfiltered information from the unconscious mind.

Other causes can be an inherited condition and the can also be due to abuse of hallucinogenic drugs. Additionally, it could be caused by too much dopamine released in the brain. There are always way-wards present in the person and it may seem like there are two or more spirits fighting for supremacy for the body.

Usually they (the clients) don't find you. It is their mother, sister, or aunt that drag the person in to you. To show the difference between Schizophrenia and other forms of mental problems, a person with multiple personality disorder wants to change things and make things better. The schizophrenic on the other hand, is usually quite happy being where and who they are. They at least two different distinct personalities, so you have to know which personality you are dealing with.

When I work on schizophrenics, I sometimes see extra spirits in their body. There can be up to two or three different spirits inside of them. Sometimes you can work on them by commanding the spirits to leave their body and they will come back to normal. They will fight with you and say that there is an agreement between the two spirits and that they are supposed to share the same body. You need to ask the Creator if this is true because usually it's not.

Schizophrenia-Healing

People who want to be healed from schizophrenia have to come on their own. They cannot have their mothers, fathers, sisters, brothers or even their friends bring them in, planting this person in front, telling you to "heal them." People with schizophrenia are incredibly intelligent and can easily turn the therapy to their advantage. People that are on medicine for schizophrenia have a tendency to pull wayward energy to them. People that are schizophrenic can be dangerous from time to time and most of the time schizophrenics are pleased with who they are. Generally, it is the people around them that want them to be healed. To help the client to heal themselves, have the client visualize that their consciousness moves over to their right side of the skull. This will stop the voices and restart the brain.

There are many things that can trigger a schizophrenic episode and one of them is drug use. People with schizophrenia have to be very careful with drugs or alcohol. For instance, A lady that I know has some of these challenges that happens to live in my area. She has a delusion that she is supposed to go off and marry Bruce Willis. She believes that Bruce Willis is watching her, waiting for the appropriate time to seize the moment! She sees him incognito, dressed up in disguise, coming in to see her as a customer when she was a waitress. She believes that, after they are married, Danny DeVito and Arnold Schwarzenegger will come and sweep her up so that they can all build a school together. This school is supposed to be the last place safe on earth, because everything else would be destroyed! For many years, she actually believed this was going to happen. She believed this delusion so intensely! Part of this delusion was that her husband was going to die so that she could be with these people. I asked the Creator what to this person and I was told that she should stop smoking marijuana. It is my belief that it was the marijuana use that was triggering her schizophrenic episodes. The problem with these delusions is that they can become dangerous. She might put poison in the sugar bowl to hasten things along with her husbands demise.

Schizophrenia-Belief and Feeling Work

You have to be very patient and persistent with this disorder. Make sure they know what it feels like to feel safe and that they know how to keep control of their own space.

You need to be working with a doctor that can lower their medication a little bit at a time if they begin to respond to the Healings. Do not take them off their medication. There is a reason why they are on their medication and you can make them very sick if they discontinue using it all at once. People with mental disorders such as schizophrenia use powerful drugs such as thorazine. These medications would cause harm to a normal person if they used them.

When you are working with people who are schizophrenic, you have to realize that if they didn't come there to be helped, they are going to sit there and play with you. They are intelligent and they love to play head games. Don't buy into their games during a Belief Work session. They'll just go in circles. They love the idea that they are going to make you run around in circles with the Belief Work interaction. They have learned how to manipulate people and this is part of the disorder.

You need to do all the Belief Work that they will allow. However, don't put yourself in any physical danger by pushing them to hard! You still have to obey the rules of working on someone with their permission. Schizophrenia can be complicated and it is sometimes better to ask the Creator what Feelings the person needs.

Schizophrenia-Intuitive Remedies

Witness the two halves of the brain come together to work in harmony. Balance the brain chemicals. Intuitively go into the brain to see if it is starting to separate. Balance the dopamine levels. Ask the Creator what is right for the person. Send any waywards to God's light. Most of the time people with schizophrenia they don't want to be healed. However, I have had good results using ThetaHealing on people that were schizophrenic if they wanted to be healed. Connect to the Creator and witness the brain being healed.

Schizophrenia-Downloads

- I know the difference between my thoughts of those that are invading my head. (If applies to your client).
- My mind is my own.
- I know what the Creator feels like.
- I know the difference between the energy of the Creator and negative energies that surround me.
- I know what it feels like to live without being paranoid.
- My body gets stronger every day.
- Every thought that I have is my own.
- I know how to live without fighting my own thoughts.
- Nothing can take over my mind.

- I have won the battle.
- It is safe to think my thoughts.
- I am impervious to negative thoughts interfering with my life.
- I am in control of my thoughts, mind and body.
- I live without the fear of being persecuted.
- I know what it feels like to live without being paranoid of things I cannot understand.
- My body is safe.
- I am one.
- The energy that flows through all things works with me and I work with it.
- I can easily tap into the Creator's energy.
- Nothing stops me from creating my destiny.
- I see my destiny as it truly is.
- Through the Creator of All that Is, I can create my own destiny.
- My definition of truth and the Creator's is the same.
- I see the truth in situations and get validation.
- I live without frightening other people.

Schizophrenia-Supplements

- Be aware that magnesium deficiency can cause schizophrenic-like symptoms. Many psychiatric disorders can be attributed to vitamin and mineral deficiencies. The following supplements can be beneficial.
- Flaxseed oil.
- Folic acid.
- Glutathione.
- Amino acid complexes.
- Vitamin B complexes.
- Lecithin.
- Raw thyroid glandular.
- Multivitamin and mineral complexes with calcium and magnesium.
- People with schizophrenia should avoid caffeine, alcohol and drugs.

Scoliosis

Scoliosis is a condition which affects the spines of many children, teenagers and adults. The human spine features many natural curvatures which help our bodies to move and be flexible. When the person has Scoliosis, the spine begins to curve in ways that are unbeneficial for the person.

Scoliosis-Intuitive Remedy

Little by little, move the vertebrae and train the muscles to accept the new position. Follow the same remedies as broken or out of place bones. It all must be done gradually, over as many sessions as the Creator needs to put it back in place.

Scoliosis-Downloads

- My back is straight.
- Everyday, in every way my back becomes straighter.
- I walk with grace and ease.
- I hold my body with pride.
- I stand with pride in myself.
- It's easy for me to stand tall.
- I love myself.
- I love those around me.
- I am a reflection of how I feel about myself; therefore, it is easy for me to stand with pride.
- I am supported by God.
- Every day, in every way I become stronger.

Septic Shock

Septic shock is a serious condition that occurs when an overwhelming infection leads to low blood pressure and low blood flow. The brain, heart, kidneys and liver may not work properly or may fail. People can die in a little as three days. Generally, people with compromised immune systems contract it. A client of mine was the longest survivor of sepsis her doctors had seen. Apparently, she got it from one of her feeding IV shunt tubes to inject medicine. I did a Healing on her and told her to go to the hospital. After being unable to find out what was wrong with her, the hospital took tests. They were unable to find out what was wrong with her and sent her home. She went to her personal doctor who also ran some tests. He did a test on the blood and found out she was septic. Apparently, she had been septic for almost nine days before it was diagnosed. The doctors did not understand how she could have septicemia and still be functioning, let alone still be alive! The doctors finally got her on antibiotics that took care of the septicemia that was supposed to be killing her. She attributes the Healing that was done on her as the reason that she is still alive. The bacteria was different than anything that I had seen. The Creator told me to send her to the doctor. I was not offended by this and listened to what I was told.

For a Healing, ask the Creator "show me" and get rid of it. Instant Healings are necessary, and the person should always consult a physician.

Sexual System - See Reproductive System

Sexually Transmitted Diseases-STDS

There are many diseases that are passed on through sexual contact. These include AIDS, chancroid, chlamydia, genital herpes, gonorrhea, lymphogranuloma vernereum, granuloma inguinale, hepatitis, syphilis and trichomoniasis. (for more info see AIDs and Chlymydia in their sections).

Gonorrhea is caused by a micro-organism called neirreria gonorrhoeae. These bacteria are commonly referred to as gonococci. Gonorrhea often causes no symptoms in women. When there are symptoms, they include frequent or painful urination, vaginal discharge, abdominal menstrual bleeding and acute inflammation of the pelvic area.

Men on the other hand, usually experience symptoms, including yellow discharge of pus or mucus from the penis and slow, difficult and painful urination. Symptoms usually appear between two and twenty days after sexual contact. If left untreated, infection can travel through the bloodstream and go on bones, joints, tendons, causing systemic illness. Symptoms of this stage of the illness are inflamed joints and occasionally skin lesions. The organism is difficult to detect and the condition is often misdiagnosed as simple osteo-arthritis. If left untreated, gonorrhea can cause sterility.

Syphilis is caused by a type of bacteria called treponema pallidum. This disease is usually contracted through close physical contact such as kissing, as well as in sexual intercourse. If not treated, this illness progresses over the course of many years into three basic stages. Ten to 90 days after contact a red, painless ulcer appears on the spot where the bacteria entered the body. In the second stage, four to 10 weeks after contact, a rash and patches of flaking tissue appear in the mouth, palms of the hands, soles of the feet or genital area. If the disease progresses to its third stage a year or more after the initial infection, brain-damage, hearing loss, heart disease and or blindness can occur. This disease can remain dormant for up to 20 years.

STDS-Early Symptoms

AIDS-Early Symptoms

Headache, night sweats, unexplained weight loss, fatigue, persistent fever, oral thrush, recurrent vaginal yeast infections, persistent diarrhea and lung infections. (See AIDS for more information).

Candidasis-Early Symptoms

Itching in the genital area, pain when urinating and a thick odorless genital discharge.

Chlamydia-Early Symptoms

For women: a white vaginal discharge that resembles cottage cheese, a burning sensation when urinating, itching and painful intercourse. If left untreated chlamydia can cause pelvic inflammatory disease in women.

For men: a clear watery urethral discharge. Often however, there are no symptoms at all.

Genital Herpes-Early Symptoms

Itching, burning in the genital area, discomfort while urinating, a watery vaginal or urethral discharge, weeping, fluid-filled eruptions in the vagina or in the penis. Herpes is contagious even if the person shows no outward signs of the virus.

Genital Warts-Early Symptoms

Cauliflower like growths appearing either singly or in clusters in or around the vagina, penis, groin and or the scrotal area.

Gonorrhea-Early Symptoms

Symptoms in women: frequent and painful urination, a cloudy vaginal discharge, genital itching, inflammation of the pelvic area, rectal discharge and abnormal uterine bleeding.

Symptoms and men: yellowish pus-filled urethral discharge.

Pelvic Inflammatory Disease-Early Symptoms

A pus filled vaginal discharge with fever and lower abdominal pain. Pelvic inflammatory disease is caused by Chlamydia. Over a long period of time Chlamydia causes scar tissue to form destroying fertility in a woman.

Syphilis-Early Symptoms

A sore on the genitalia, rash, patches of flaking tissue, fever, sore throat and sores in the mouth or anus.

Trichomoniasis-Early Symptoms

For women: vaginal itching and pain with a foamy greenish or yellow foul smelling discharge.

For men: a clear urethral discharge.

STDS Conventional Medicine

For many of these ailments antibiotics will clear the problem, but with others there is no known conventional cure.

STD-Programs

The contraction of STDS cycle around worthiness issues. Work on Beliefs that the person had when they contracted the disease.

STDs-Downloads

- I am worthy of a wonderful relationship.
- I love myself.
- I love the Creator of All That Is.
- I feel good about myself.
- I deserve good things.
- My body becomes stronger every day.
- I know how to leave the past behind.
- I know what it feels like to be free from regrets.
- I am happy and healthy.
- With every day, in every way I am worthy of God's love.
- It is easy to be worthy of God's love.
- I am secure in myself.
- It is easy to love me.

Shingles-Herpes Zoster, Postherpetic neuralgia

Shingles is a disease caused by the varicella-zoster virus which is the same virus that causes chickenpox and is a herpes virus. After you have contracted chickenpox, the virus stays in your body. It may not cause problems for many years. As you get older, the virus may reappear as shingles. Unlike chickenpox, shingles is not contagious. The virus can remain dormant for years in the spinal cord.

Early signs of shingles include burning or shooting pain and tingling or itching, usu-

ally on one side of the body or face. The pain can be mild to severe. Blisters then form and last from one to 14 days. If shingles appears on the face, it may affect your vision or hearing. The pain of shingles may last for weeks, months or even years after the blisters have healed. There is no known medical cure for shingles. Early treatment with medicines that fight the virus may help. These medicines may also help prevent lingering pain. A vaccine may prevent shingles or lessen its effects. The vaccine is for people 60 or over.

90% of the people who have had chickenpox are at risk of developing shingles. The chance of an attack of shingles can be increased by many factors including stress, cancer, spinal cord injuries and conditions that suppress the immune system. To people that have immune deficiencies, shingles can be dangerous because it is capable of doing damage to the internal organs. Death can occur as a result of a secondary bacterial infection or viral pneumonia brought on by shingles. With some people the pain of shingles becomes so intense that they need narcotic pain medication. Shingles strikes some 750,000 Americans each year.

Shingles-Viral Infections:

Viruses either have DNA or RNA. They do not have both. They must have a host cell to re-multiply. Go up the Creator and witness the Healing.

Shingles-Intuitive Remedy

Look for the virus in the body. Herpes hides in the lower spine. You have to work on the viruses' attitude, which will require a lot of Belief Work. Sometimes the removal of Beliefs is enough to be rid of the virus. Ask the Creator to show you and witness the changes. Sometimes they look like little computer robots. Command that God "heal this and show me." Check to see if the DNA of the body has changed because of the virus. If it has, then repair it. Pull the Beliefs on the virus and instill Feelings as well.

Refer to Viruses section.

Shingles-Beliefs:

Beliefs will vary.

Viruses are smart enough to survive in the body of a person until the associated Beliefs are pulled. Download "I know how to live without regret" and pull " I'm not good enough", "I'm not worthy" and "God is punishing me". Make sure they understand what it feels like to be worthy of love, forgiveness, joy and respect.

Since most shingle outbreaks are stress induced, it is good to work on the Beliefs that

are causing the stress. In many instances you can go back to find the emotions that were associated with a person when they had chickenpox and work on those Beliefs. However, if they were too young, there may not be any Beliefs that are associated with that time.

Shingles-Downloads

- I know what it feels like to live without stress.
- I know how to live my day-to-day life without allowing stress to affect how I think and how I feel.
- I know how to live without reacting to stress in painful ways.
- It is easy for me to become strong.
- With everyday, in every way my body becomes stronger and stronger.
- I know how to be happy.
- I know life is good.

Shingles-Supplements

- Noni juice helps shingles used topically and internally.
- DMSO will help to clear the skin.
- Super salve topically.
- B complexes.
- Zinc.
- Vitamin A.
- Vitamin E on the blisters.
- Omega's 3s.
- Acidophilus.
- Cayenne pepper
- Milk thistle to clean the liver
- ALA.
- Bee pollen and bee propolis.

Sickle Cell Anemia

Sickle cell anemia is an inherited blood disorder that mostly affects people of African ancestry, but also occurs in other ethnic groups, including people who are of Mediterranean and Middle Eastern descent. Sickle cell anemia is a blood disorder that affects hemoglobin, the protein found in red blood cells that helps carry oxygen throughout

the body. Sickle cell anemia occurs when a person inherits two abnormal genes (one from each parent) that cause their red blood cells to change shape. Instead of being flexible and disc-shaped, these cells are more stiff and curved in the shape of the old farm tool known as a sickle. This is where the disease gets its name. The shape is similar to a crescent moon. Sickle cell anemia is an inability to create a specific amino acid chain and is genetic in origin. In a large family, people born with this genetic tendency pass on sickle cell anemia in one out of four children, but the other three will be immune to malaria.

Sickle Cell Anemia-Intuitive Remedy

Ask the Creator if Gene Work needs to be done. If Gene Work is necessary, command it done and witness the Creator make the changes. It is easy to repair. Because blood changes quickly in a Healing, you can see the immediate effects of the work. The changes in the brain cells and the blood happen almost instantly. Just say, "God, show me how to heal it." The deeper you are in Theta-State the better the Healing. Be sure to connect to the Seventh Plane.

Sinus Trouble

Sinus trouble can be associated with someone who is being irritated by a person that is very close to him/her. However, sinus trouble can be caused by too much acetaldehyde in the system. You need molybdenum to pull out the acetaldehyde and change their allergies. Sinus problems are often associated with teeth. Go up and ask the Creator if the person has any infected teeth. You will find that dental problems are at the root of many of the sinus illnesses you will be presented with. Too much histamine can cause a problem. Good muscle building exercises will help create cortisone and block the histamines. COQ10 and vitamin C will help.

Sinus Trouble-Downloads

- With everyday, in every way I feel stronger and stronger.
- I know what it feels like to live without being exhausted.
- I know how to find new strength.
- I know what it feels like know my adrenals have the strength they need.
- Everything in my body works in harmony.
- My hormones are balanced.
- It is easy for me to breathe.
- I know how to live without allowing others to irritate me.
- I know how to live my day-to-day life without allowing others to take advantage of me.

- I know how to react and interact with people in a good way.
- I know what it feels like to say no in situations before drama begins.
- I know what it feels like to be happy.
- I know what it feels like to permit my body to relax.
- With every day, my sinuses become clearer.

The Skeletal System

The Skeletal System has many purposes.

- The backbone provides the structure which enables you to stand erect.
- The ribcage protects the delicate organs of the body.
- The skull protects the soft tissues of the brain.
- The vertebrae of the spinal column surrounds the spinal cord to encapsulate the complex bundle of nerves that sends messages to the whole of the body.

Without bones you would be limp like an amoeba. Without the skeletal system, you would slither around, unable to stand up or walk, merely a sack of tissue on the floor. We are born with 300 bones. Once we are an adult, these bones fuse together resulting in a total of 206 bones. The bones move with the synchronistic biology of the muscles to bring the skeletal system to life. In an incredible symphony with the nerves and muscles, the various body parts of the body move with autonomic messages both conscious and unconscious. The joints are flexible connections between the bones. The body has different kinds of joints that pivot in different directions, for different purposes. The bones are not simply an inert framework of hard substances, they are alive. As with other cells in the body, the bone cells work closely with the blood and circulatory system in the same synchronistic fashion. This is why a bone repairs itself in the event of a break. For example, when you break your toe, blood clots form to close up the space between the broken segments. Then your body mobilizes bone cells to recreate the interlacing framework that will mend the break. Many bones are hollow. As an example, birds have hollow bones and this allows them to fly; making them strong but light. In the center of many bones, the bone marrow makes new red and white blood cells. Red blood cells ensure that oxygen is distributed to all parts of the body and white blood cells enable you to fight germs and disease.

The Intuitive Skeletal System

The skeletal system is connected to the crown chakra and as such is a spiritual "tuning fork" for spiritual influences. The bones are the easiest to see when you first start doing body scans. The life force shines in, out and around the bones, making it team with life. The living bones are many colors, not just white. They produce red and

white blood cells and provide structural support for the body. The skeletal system is extremely easy to heal and is happy to cooperate.

Since the bones hold us up, they think they are the most important part of the body (as do all the systems). Everything is based on the bones: the ligaments, muscles and the nervous system. The bones are the core of all that we are. The bones are directly connected to the crown chakra and because of this, they are the spiritual tuning fork; hence, the saying "I feel it in my bones."

Skeletal System-Intuitive Insights

- When you are in a person's space in a Reading, the bones love to show their magnificence to you. When you go inside the bones, they look like shimmering, incandescent, liquid light.
- When a reader connects to the "Creator of All That Is" with the crown chakra, magnesium as well as calcium is used up and needs to be replaced with good supplements.
- When doing a Healing on bone, remember to bring in extra energy; otherwise, the body will steal calcium from the other bones, especially from the hips.

Skeletal System-Intuitive Remedies

The bones are obedient to intuitive messages and listen to what they are told in a Healing. Bone injury can be tied to subconscious Beliefs.

You must be very tactful with the client when there are emotional issues in the bones, because they are generally about trust and having support in life.

It is possible to heal a broken bone instantly. Simply go to the Creator and command that it be done by saying, "Creator of All That Is, change it and show me." Thank you. It is done. It is done. It is done." Witness the Healing.

Skeletal System-Downloads

- I know what it feels like to be loved by the Creator.
- I know how to live without having to suffer.
- I know how to live without struggling to be close to the Creator.
- I know how to live without feeling abandoned by the Creator.
- I know how to live without feeling rejected by the Creator.
- I know how to live without feeling my life was stolen from me.
- I know how to live without feeling I must do it all by myself.
- I know how to live without carrying the weight of world on my shoulders.
- I know how to live without feeling overburdened.

- I know what it feels like to give.
- I know what balance feels like.
- I know what it feels like to be balanced physically, mentally, emotionally and spiritually.
- I know how to live without being a martyr.
- I understand the Creator's definition of money.
- I know what it feels like to be close to the Creator at all times.
- I know how to live without the fear of going forward (the leg bones).
- I know what the Creator's love feels like.

The Skin

The skin is an iridescent, translucent organ and is every color of the rainbow. When we begin life as a baby in vitro, the skin is translucent. The skin is the largest organ in the body and is attached to all the nerve endings of the central nervous system. The skin is a reflection of what is going on internally, physically, mentally and spiritually. If the liver is congested there are visible affects shown on the skin.

When witnessing a Healing on the skin, keep the affected area covered. For example, breast cancer can become an oozing, open sore. The eyes see the wound and they may connect it with fear. If you cover the wound, your mind doesn't accept that it's there, so it is easier to heal. This is true in all cases of wounds and cuts. Cover the wound and do a Healing. The skin may grow back completely. Ask the Creator of All That Is how long they need keep it covered for it to heal. This may vary from person to person. It may take 20 seconds. Remember, you may check the person's Beliefs that you are working with, to see if it takes a long time to heal.

The skin is our shield, our outside defensive covering for the body. The skin breathes not only oxygen from the air, but draws the Universal Life Force into the body that comes from the Creator.

The tighter and shinier the skin is, the healthier the inside of the body. It needs lipids to function properly. A clean liver produces beautiful skin.

The skin is the first contact with feelings from outside the body that are then felt inside the body. It holds a thin protective energy field around us. When the skin has trauma, it is shocked by the fact that it is hurt, as it thinks it is impervious to injury. Tell the skin that it is ok to heal after trauma and reassure it that it is doing a good job. Release the trauma and stress. You can feel the presence of people or objects through your skin. We can also feel emotions, such as anger and other external feelings though the skin.

The skin is a major communicator of intuitive information. When you work with someone, ask them if it's all right to touch him or her. The skin, like many other organs, locks-in abuse and trauma in its cells and to touch the person may be overwhelming to them. If you reach out and get into the comfort zone of the person without their permission, they will feel violated. Always ask permission before physically touching during a session. When someone has a problem being touched on the legs, it may be an indicator that they have been abused. All cultures have different beliefs about touch. When you touch someone, your cells talk to the person's cells, your DNA sings and talks to their DNA. The DNA teaches and learns in seconds and at times, is the best way to teach someone psychic information.

The Skin-Programs

- Showing affection.
- How the world perceives us.
- Irritation.
- Understanding other people's body language.
- Comfort zones.
- Discernment in touch.
- How the world perceives us.
- Proper discernment with someone's touch.
- Programs about change.
- Make sure that you can receive love back.
- Loving and accepting your body.
- Reflecting your beauty / Issues of beauty.
- Feeling beautiful makes you weak/strong.

The Skin-Downloads

- I know what it feels like to live without believing it is weak to show feelings.
- I respect or understand people's boundaries.
- I love my body.
- I know how to live without hating my body.
- Its OK to receive affection.
- Proper discernment with someone's touch.

Sore Throat

This is one of the most common of health complaints. A raw burning and or scratchy feeling in the back of the throat characterizes the symptoms of a sore throat. Most sore throats are caused by viral infections, bacterial infections, especially the Streptococcus infection. A sore throat can be caused by anything that irritates the sensitive mucous

membranes at the back of the throat and mouth. Some other irritants include medications, surgery, radiation therapy, dust, smoke, fumes, and extremely hot foods or drinks. Sore throats can signal a cold, flu, mononucleosis, Epstein-Barr virus, herpes simplex, as well as many childhood illnesses such as measles and chickenpox.

Sore Throat-Intuitive Remedies

Small babies generally get exposed to streptococci while they're crawling around on the ground. Streptococci tends to breed behind and under refrigerators. Simply washing your hands and the hands of your children can prevent many infections such as streptococci from entering the system by about 70%. There are some streptococci A types that can quickly destroy the body. In this instance the person needs an immediate Healing and immediate medical attention. Give the person an instant Healing but make sure that your fear does not interfere with it.

To do a Healing on a sore throat, make the command that the bacteria be gone and witness the Creator scraping the throat clean and witness the problem disappear. If it doesn't disappear follow up with Belief Work.

Sore Throat-Belief Work

I am not against a person using antibiotics if they have streptococci in the throat. However, people that have strep on a recurring basis do not know how to stand up for themselves in a proper way. They do not know how to verbalize how they feel. To prevent a person from recurring streptococci being drawn to them, use the Belief and Feeling Work to ensure that they are not drawing the disease to them.

Sore Throat-Supplements

Things that help you from getting a sore throat are:

- Bee pollen, Bee propolis.
- Vitamin C 2000 at a time spread through the day-5000 mgs a day.
- Acidophilus.
- Colloidal silver-use for only a week or so. To much can turn your skin blue.
- Echinacea to build the immune system.
- Multivitamins and minerals.

STDS see Sexually Transmitted Diseases

Strep Throat

Strep throat is an infection caused by group of streptococcus bacteria and it is very common among kids and teens. The symptoms of strep throat include fever, stomach pain and red, swollen tonsils. Many people contract strep in the throat.

If the body is acid-alkaline balanced, things such as strep would never bother us.

Once these viruses and bacteria enter into the body, they would automatically change to something else in a more acidic environment. Strep is interesting in that it will stay dormant in the system and come back again. The strep that infects the ears can be difficult to treat. It's almost impossible to get it all with an antibiotic and the doctors have to keep moving the antibiotics to a higher grade.

Children get strep all the time because of their direct contact with other children that have it. You can do a Healing on the strep, but if they are in contact with others that have it, they can become re-infected. People pass colds and viruses through a telephone that is used by everyone in the office. When a co-worker has a cold, any phone that they use should be wiped with disinfectant. The drip pan of some refrigerators are a breeding ground for strep. Little kids that crawl around on the floor can get strep from the drip pan at the bottom of the refrigerator.

If someone comes to you and they are on antibiotics, don't take them off. Make sure they stay on them or the strep will build up a resistance to the antibiotic.

Strep Throat Supplements-Intuitive Remedies

You can do a Healing on strep, but the bacteria multiply every 30 minutes, so it is best to do a follow-up Healing. You can do a Healing but people are stuck in the mindset that they have to get an antibiotic. So what I do is... I do a Healing on them, but I still suggest they use a melaleuca oil gargle (for a throat infection).

Here's a secret. Ginger will kill strep. If you take a piece of raw ginger and it put on the side of the babies ear with a bandage over it, it will get rid of the ear infections. This will work on adults as well.

Stomach Ulcers

Long before conventional medicine figured out a cause for ulcers, I knew it was not caused by stress. For a long time I would go into people's stomachs and I could see there was something in there. I had known for a long time that it was a bacterium that caused it, but it took me a while to come up with a suggested remedy. Once the doctors found that it was caused by the Helicobacter pylori bacteria, they had to change all the past prescribed medications for ulcers to antibiotics.

The direct cause of peptic ulcers is the destruction of the gastric or intestinal mucosal lining of the stomach by hydrochloric acid, an acid normally present in the digestive juices of the stomach. Infection with the bacterium Helicobacter pylori is thought to play an important role in causing both gastric and duodenal ulcers. Helicobacter pylori may be transmitted from person to person through contaminated food and water. An-

tibiotics are the most effective treatment for Helicobacter pylori peptic ulcers.

Injury of the gastric mucosal lining and weakening of the mucous defenses are also responsible for gastric ulcers. Excess secretion of hydrochloric acid, genetic predisposition and psychological stress are important contributing factors in the formation and worsening of duodenal ulcers.

Another major cause of ulcers is the chronic use of anti-inflammatory medications, such as aspirin. Cigarette smoking is also an important cause of ulcer formation and ulcer treatment failure.

The major symptom of an ulcer is a burning or gnawing feeling in the stomach area that lasts between 30 minutes and 3 hours. This pain is often interpreted as heartburn, indigestion or hunger. The pain usually occurs in the upper abdomen, but sometimes it may occur below the breastbone. In some individuals the pain occurs immediately after eating. In other individuals, the pain may not occur until hours after eating. The pain frequently awakens the person at night. Weeks of pain may be followed by weeks of not having pain. Pain can be relieved by drinking milk, eating, resting, or taking antacids. Appetite and weight loss are other symptoms. People with duodenal ulcers may experience weight gain because the person eats more to ease discomfort. Recurrent vomiting, blood in the stool and anemia are other symptoms.

Stomach Ulcers-Intuitive Remedy

By going up to the Creator and saying "show me what needs to be done" you can see it completely cleared out of the stomach. Since bacteria replaces itself every half hour, you may have to do the Healing more than once just to be sure.

Stomach Ulcers-Supplements

- Herbals such as Oregano can be used, but if you have ulcers you may not want to take oregano because it might irritate the stomach a little bit. They say ginger will get rid of it, but you have to be consistent. Most people aren't consistent with their herbs.
- There are also a lot of good antibiotics that will kill it. Aloe Vera juice and probiotics are good.

Stroke

A stroke is a medical emergency. Strokes happen when blood flow to the brain stops and within minutes, brain cells begin to die.

There are two kinds of stroke:

- The more common kind, called ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel in the brain.

- A blood vessel that breaks and bleeds into the brain causes the other kind, called hemorrhagic stroke. "Mini-strokes" or transient ischemic attacks (TIAs), occur when the blood supply to the brain is briefly interrupted.

Stroke is commonly associated with the lack of basic minerals, like selenium. A person who has suffered a stroke sometimes loses mobility of certain body parts. This is because some of the neurons no longer exist or are connected as they were before.

Stroke-Intuitive Insights

When working with an adult with a stroke, witness the Creator go in and ask the body to wake up the fetal memory and change the things that are needed in the brain. Go in and say "Creator, show me." This is the fastest way for the brain to reproduce itself. In cases of a stroke, the brain has too many dead brain cells. It must recreate them and re-learn. When we are born, we have special cells that teach us what to do and when to do it by autonomic reflex. By the time we are two years old, most of these special cells have died off. To heal a stroke, connect to the Creator and command the cells to remember and relearn how to regenerate as a young child would. It is not necessary to know the mechanics of how this is done; all that you have to do is make the command that the Creator take care of it and be the witness. Personally, I like to know what I am witnessing, so I ask the Creator what is going on when the person is being Healed. In the instance of a stroke, I was told that I was watching new cells waking up and relearning how to do things. I usually expect results within two to three weeks and all the results within three months. Some people have results the day of the Healing or the day after.

However, we must remember that it took them a year to learn how to walk when they were a baby and it is likely to take a few months to relearn with Healings. Sometimes re-learning how to walk and how to move certain limbs takes some time, but overall, what we think of as a little bit of time is really quite fast. It may take you a month to recover movement in your arm where it took months when you were a baby. So be patient as you work with people who've had a stroke. A stroke makes a person feel totally rejected.

Stroke-Intuitive Remedy

Clean out the aneurysm area, strengthen the vein walls and clear the veins if they are about to have a stroke.

To heal a stroke, use stem cells and fetal memory to rebuild the brain, so that the person can re-learn forgotten behaviors. When I witness a Healing on a stroke, I go in, wake up the brain cells in the brain and witness that they can use all of the remaining neurons. Witness the new neurons being redirected to take the job of those that have

been destroyed. Then I put my hands on them and witness that they know how and remember how to function. Program the brain back to its original state and start to wake up the neurons of the brain to make new connections and you will have extremely good results.

Stroke-Downloads

- I am happy, healthy and recovering each day.
- Each day I recover more and become healthier.
- My cells recover and re-learn.
- My body receives the breath of life.
- My body remembers all it knew before.
- I am a strong person.
- I will continue forward.
- With every day, in every way, continuing forward becomes easier.
- I am grateful for my life.
- I am grateful to be alive.
- I know how to live without depression.
- I know what it feels like to be happy.
- I know what it feels like to live without despair.
- I know how to live without despair.
- It is easy for me to recover.

Stroke-Children

Young children can correct a stroke episode and become perfectly functioning adults simply because of the stem cells. When working with any child who has suffered a stroke, go in and command the body to totally replenish itself and work to activate the stem cells.

Stroke-Supplements

If the person is 18 years old, make sure you suggest the person use a multi vitamin & mineral combinations, amino acid complexes, and the mineral selenium and vitamin E.

Teeth

The teeth are to be considered the same as the bones. They are full of luminescent light, suffused with energy as they giggle with joy.

Teeth-Intuitive Insights

The Feelings and Programs that were created as a child during visits to the dentist can prevent Healings on the teeth. Children's teeth move easily because they are not embedded in the bones of the jaw yet. You can command teeth to grow back. You can straighten teeth intuitively. Teeth are a very basic part of the skeletal system and are connected energetically to all other parts of the body. Teeth challenges (infections) create problems in the organs of the body. The hidden challenges are generally caused by cavitations underneath the teeth in the jaws. Remember, when it comes to Healing teeth, practice makes perfect. Look for limiting Beliefs connected to the teeth.

Teeth-Guidelines for the Teeth

- Root canals block the meridians of the body and can encapsulate infections.
- Red meat and sugar in excess creates cavities.
- It is suggested that a person use chlorophyll and greens for the teeth. Chlorophyll is great for the skeletal system.
- Tea tree oil (with a little water on a toothbrush) recovers and re-grows your gums.
- Use vitamin C, good minerals, calcium, magnesium and zinc to keep your gums healthy and strong.
- Mercury amalgams in teeth act as a receiver, picking up negative thought forms from other people.
- Fluoride may cause Alzheimer's disease.

Transplants

Conventional medicine uses pig and human valves to repair the heart and a whole range of other body parts. Your body has the choice to accept or reject them. Your body knows that the transplants are foreign substances in the body (which in itself is proof of the intelligence of the cells in the body). Every cell in your body has a special memory of everything that you have ever done and each has its own special song. The transplant does not match these vibrations and memories. This means when you have a transplant, there are memories from the original owner in it. Sometimes the body is

not willing to accept these memories, thoughts and energies and will attack the transplant. If this happens you can command balance in the body. They give the donor many drugs to prevent rejection of the transplant, but they can't always stop it from happening. To balance the body for acceptance of the transplant, go up and command the person's body to find acceptance of the energy of the transplant. Ask the Creator to show you what has to be done and witness it change.

Transplants-Downloads

- With each day, my body adjusts easily and effortlessly to the new organ transplants that are in my body.
- I know what it feels like to accept my transplant.
- I know how to accept all that the new gifts the Creator has given me.
- I know what it feels like to live without having to fight for everything I receive.
- I know what it feels like to know when to fight, how to fight, and its possible to live in harmony.
- In every way, with everyday, I become in harmony.
- In every way, with everyday, my mind is at harmony.
- In every way, with everyday, my immune system is in harmony.
- It is easy for me to be happy.
- The Creator shows me how to be happy.
- My body is strong and healthy.

Thrombosis

Thrombosis is caused by not enough circulation to the legs and can also be caused by inactivity (when flying in planes, for example) giving the person blood clots. It is important to exercise and stretch the body to circulate the lymph system.

Thrombosis-Supplements or Other Remedies

Always seek medical advise! A short-term remedy is as follows: Use packs of arnica oil to relieve thrombosis. Warm the oil and then immerse a cloth in the oil. Apply and re-apply to the affected area until relieved.

Thyroid Imbalances

Thyroid Imbalances-Intuitive Remedies

Ask the Creator to show you what to do. Command the thyroid and all hormones to be balanced. The thyroid can be intuitively rebuilt. If the person has even a little bit left of their thyroid it can be taught to function properly.

Thyroid Imbalances-Supplements and Other Remedies

Do a liver cleanses when working with the thyroid if at all possible. Iodine can trigger the thyroid.

See Hyperthyroidism and Hypothyroidism

Tuberculosis

Tuberculosis (TB) is a life-threatening infection that primarily affects the lungs. Nearly 2 million people die from it worldwide every year,. The infection is a common disease; about one-third of the human population is infected with TB. Tuberculosis has plagued human beings for millennia. Signs of the disease have been found in Egyptian mummies and in bones dating back 5000 years. Today, despite advances in treatment, TB is a global pandemic, fueled by the spread of HIV/AIDS, poverty, a lack of health services and the emergence of drug-resistant strains of the bacterium that cause the disease. Doc Holliday, one of our more famous gunslingers in the old west died from tuberculosis, which they used to call consumption.

Mycobacterium tuberculosis, the bacterium that causes tuberculosis, spreads in microscopic droplets that are released into the air when someone with the active form of the disease coughs, speaks, laughs, sings or sneezes. However, prolonged exposure to an infected person is necessary before becoming infected. Even then, symptoms may not show up until many years later.

Although tuberculosis is contagious, it's not especially easy to catch. In general, you need long-term contact with an infected person to become infected yourself. You are much more likely to contract tuberculosis from a family member or close co-worker than from a stranger on a bus or in a restaurant. A person with non-resistant active TB who has been treated for at least two weeks is generally no longer contagious.

Left untreated, tuberculosis can be fatal. However, with proper care, most cases of tuberculosis can be treated, even those resistant to the old antibiotic drugs commonly used against the disease.

Although your body may harbor the TB bacteria, your immune system often can prevent you from becoming sick. For that reason, doctors make a distinction between:

TB Infection: This condition, sometimes called latent TB, causes no symptoms and is not contagious.

Active TB: This condition makes you sick and can spread to others. However, the infec-

tion may be asymptomatic for years, even though it is active and causing damage.

Your immune system begins to attack TB bacteria two to eight weeks after becoming infected. Sometimes the bacteria die and the infection clears completely. In other cases, the bacteria remain in your body in an inactive state and cause no tuberculosis symptoms. In still other cases, people develop active TB.

TB mainly affects the lungs (pulmonary tuberculosis) and coughing is often the only indication of infection at first.

Signs and symptoms of active pulmonary TB include:

- A cough lasting three or more weeks that may produce discolored or bloody sputum.
- Unintended weight loss.
- Fatigue.
- Slight fever.
- Night sweats.
- Chills.
- Loss of appetite
- Pain with breathing or coughing (pleurisy).

Tuberculosis also targets almost any part of your body including the joints, bones, urinary tract, central nervous system, muscles, bone marrow and lymphatic system. Tuberculosis can also spread through the entire body, simultaneously attacking many organ systems.

TB Inactive Infection

Approximately two to eight weeks after the lungs are infected with M. tuberculosis, the immune system springs into action. Macrophages, specialized white blood cells that ingest harmful organisms begin to surround the tuberculosis bacteria in the lungs. If the macrophages are successful, the bacteria may remain within these walls for years in a dormant state. In this case, the person will test positive on the TB skin test, but will not have any symptoms and are not contagious.

Active TB

Sadly, sometimes the immune defenses fail, even in otherwise healthy individuals. In this instance, TB bacteria actually begin to exploit macrophages for their own survival, causing the white blood cells to form into tightly packed groups called granulomas. The bacteria multiply inside the granulomas, which eventually may enlarge into noncancerous tumor-like nodules. The centers of these nodules have the consistency of soft, crumbly cheese. Over time, the centers can liquefy and break through the granu-

lomatous wall surrounding them, spilling bacteria into the lungs' airways and causing large air spaces (cavities) to form (active TB). Filled with oxygen, the air spaces make an ideal breeding ground for the bacteria, which multiply in enormous numbers. The bacteria may then spread from the cavities to the rest of the lungs as well as to other parts of the body.

Without treatment, many of the people with active TB die. Those who survive develop chronic, debilitating symptoms, such as chest pain and a cough with bloody sputum, or their immune system recovers and the disease goes into remission. However, a number of factors can weaken the immune system, including aging, drug or alcohol abuse, malnutrition, chemotherapy, prolonged use of prescription medications such as corticosteroids and diseases such as HIV/AIDS. About one in 10 people who have dormant TB have the infection go on to develop active TB sometime in his or her life. The risk is greatest in the first year after infection, but the disease may not resurface for decades.

TB-Resistance to Treatment

In the United States, cases of tuberculosis began declining steadily in the 1940's and 1950's mainly because of antibiotic therapy and improved public health programs. Yet the disease is still a serious health problem. Millions of Americans are infected with TB without having symptoms and some of them will go on to develop active TB. The situation in other countries is much worse. Overall, about one-third of the world's population is infected with tuberculosis. New infections and deaths from the disease are increasing. Hardest hit are sub-Saharan Africa and Southeast Asia. The leading cause is the spread of HIV, the virus that causes AIDS. Tuberculosis and HIV have a deadly relationship — each fuels the progress of the other.

Infection with HIV suppresses the immune system, making it difficult for the body to control TB bacteria. As a result, people with HIV are many times more likely to progress from dormant to active disease than are people who are not HIV-positive. TB is one of the leading causes of death among people living with AIDS — not only because they're more susceptible to TB, but also because TB can increase the rate at which the AIDS virus replicates. One of the first indications of HIV infection may be the sudden onset of TB.

Other factors contributing to the spread of TB in the United States and elsewhere include:

- Crowded living conditions. TB spreads most easily in cramped, crowded, poorly ventilated spaces.

- Increased numbers of foreign-born nationals.
- Increased poverty and lack of access to medical care.
- Increase in drug-resistant strains of TB.

Tuberculosis-Intuitive Remedies

The basic Healing does well with TB. Witness the lesions in the lungs being healed. Bacteria are easy to get rid of intuitively. Make the command "Creator, heal this and show me." Witness the healing as done. Guilt issues hold bacteria in the body.

I have worked with tuberculosis before and there are some important things to know. I am not afraid of tuberculosis, but I do take precautions. If you suspect anyone having tuberculosis make sure that they see their health provider so that they can have all the options available to them. It also gives the health practitioner a heads-up that someone the area has tuberculosis. The majority of people that have come to me with tuberculosis have recovered successfully and are doing well.

- The person with tuberculosis should drink fresh pineapple juice.
- They should avoid smoking.
- Avoid stress.
- People that have TB avoid the use of cortisone because of the immune compromising problems associated with it.
- Tuberculosis has an incredible capacity for reproduction. Filtered air purification is a good suggestion.
- If the person is on antibiotics for TB, you must be careful with the supplements that you suggest for them, so that they do not conflict with the effects of the antibiotics.

Tuberculosis-Belief Work

When you work with tuberculosis, remember it is a bacteria, so the person will have issues pertaining to guilt and issues of the lungs which are associated with sorrow.

Tuberculosis-Supplements

- Multi Vitamins and minerals.
- Amino acid complex.
- Vitamin C Vitamin B complex.
- Flax seed oil.
- Raw thymus glandular.

Ulcerative Colitis

Ulcerative colitis is an inflammatory bowel disease that causes chronic inflammation of the digestive tract. It is distinguished by abdominal pain and diarrhea. Like Crohn's disease, ulcerative colitis can be debilitating and sometimes can lead to life-threatening problems. Ulcerative colitis usually affects only the innermost lining of the large intestine (colon) and rectum. It occurs only through continuous stretches of the colon, unlike Crohn's disease, which occurs in patches anywhere in the digestive tract and often spreads deep into the layers of bowel tissues.

There is no known cure for ulcerative colitis, but therapies are available that may dramatically reduce the signs and symptoms of ulcerative colitis and even bring about a long-term remission. Ulcerative colitis symptoms can vary, depending on the severity of inflammation and where it occurs. For these reasons, doctors often classify ulcerative colitis according to its location.

Ulcerative Colitis-Signs, Symptoms and Classifications

Ulcerative proctitis. In this form of ulcerative colitis, inflammation is confined to the rectum and for some people, rectal bleeding is a symptom.

Left-sided colitis. As the name suggests, inflammation extends from the rectum up the left side through the sigmoid and descending colon. Symptoms include bloody diarrhea, abdominal cramping, pain and weight loss.

Pancolitis. Pancolitis affects the entire colon. Symptoms include attacks of bloody diarrhea that may be severe, abdominal cramps, pain, fatigue, weight loss and night sweats.

Fulminant colitis. This rare, life-threatening form of colitis affects the entire colon. It causes severe pain, profuse diarrhea and sometimes dehydration and shock.

No one is quite sure what triggers ulcerative colitis, but current theories offer the following possibilities:

The Immune System. Some scientists think a virus or bacterium may cause ulcerative colitis. The digestive tract becomes inflamed when the immune system tries to fight off the invading microorganism (pathogen). It's also possible that inflammation

may stem from an autoimmune reaction in which your body mounts an immune response even though no pathogen is present.

Heredity. Because you are more likely to develop ulcerative colitis if you have a parent or sibling with the disease, scientists suspect that a genetic predisposition may have a contributing role.

Ulcerative colitis affects about the same number of women and men. Risk factors may include:

Age. Ulcerative colitis can strike at any age, but most people to develop the condition when young. Ulcerative colitis often strikes people in their 30s, although a small number of people may not develop the disease until their 50's or 60's.

Ethnicity. Although whites have the highest risk of the disease, it can strike any ethnic group. If you are Jewish and of European descent, you are four to five times as likely to have ulcerative colitis.

Family history. You are at higher risk if you have a close relative such as a parent, sibling or child with the disease.

Where you live. If you live in an urban area or in an industrialized country, you're more likely to develop ulcerative colitis. People living in Northern climates also seem to have a greater risk of ulcerative colitis.

Inflamed bile-ducts. This condition, called primary sclerosing cholangitis, causes inflammation of the bile ducts of the liver and is associated with ulcerative colitis.

Isotretinoin (Accutane) use. Isotretinoin (Accutane) is a powerful medication sometimes used to treat scarring cystic acne or acne that does not respond to other treatments.

There are times when the symptoms of ulcerative colitis leads to aches and pains in the joints that would be similar to arthritis. Ulcerative colitis can cause other disorders such as diverticulosis. People with this disorder have the tendency to be compulsive perfectionists.

Ulcerative Colitis-Downloads

- I know how to live without being a compulsive perfectionist.
- I know what it feels like to enjoy life.
- I know what it feels like to know I am good enough.

- I know what it feels like to live my life without finding fault in everything I do.
- I know what it feels like to live my life without finding fault in everything others do.
- I know how to live my life in harmony.
- I know what it feels like to live without compulsive worry.
- I know what it feels like to enjoy the many things life has to offer.
- I know what it feels like to live without having to control others.
- I know how to permit others to be who they are.
- I know what it feels like to live without taking on the problems of the world.

Ulcerative Colitis-Dietary

- Dietary: low carbohydrate, high-protein diet. Baked or broiled fish, chicken and turkey (without the skin) are acceptable sources of protein.
- Eat foods that are broiled or baked and not fried.
- Avoid oranges and grapefruit.
- Eat a high fiber diet. Whole grains that are well cooked can be beneficial.
- Keep fats and oils out of your diet since fats and oils can cause the diarrhea that comes with colitis.
- Avoid carbonated soft drinks, spicy foods and caffeine.
- Avoid processed foods.
- Do not eat fruit on an empty stomach.
- Drink plenty of liquids.
- Vitamin K deficiencies can lead to ulcerative colitis, so the person with this disorder should use foods high in vitamin K such as dark green leafy vegetables that are well steamed.

Ulcerative Colitis-Supplements

- The use of Acidophilus is very important. Acidophilus is the key to helping the person with ulcerative colitis, because it stimulates the good bacteria of the digestive tract.
- Magnesium can help the digestive system.
- Aloe Vera juice soothes the intestinal tract.
- Essential fatty acids.
- Omega 3's, 6's and 9's.
- ALA.
- Vitamin B complex.
- vitamin C.
- Colon cleanses.
- Stinging nettle.
- Jerusalem artichoke for the digestion.
- Noni.

Urinary Tract Infection

A urinary tract infection is an infection that begins in the urinary system. It is generally limited to the bladder and can be painful and annoying. Serious consequences can occur if the infection spreads to the kidneys. Women are more at risk of developing a urinary tract infection. In fact, half of all women will develop a UTI during their lifetimes and many will experience more than one. The urinary system is composed of the kidneys, ureters, bladder and urethra. All play a role in removing waste from the body. The kidneys, a pair of bean-shaped organs in your upper posterior abdomen, filter waste from your blood. Tubes called ureters carry urine from your kidneys to your bladder, where it is stored until it exits the body through the urethra. All of these components can become infected, but most infections involve the lower tract, called the urethra and the bladder.

Antibiotics are the conventional treatment for urinary tract infections.

Urinary Tract Infection-Signs and Symptoms

- A strong, persistent urge to urinate.
- A burning sensation when urinating.
- Passing frequent, small amounts of urine.
- Blood in the urine (hematuria) or cloudy, strong-smelling urine.

Urinary Tract Infection-Types

It depends on which part of the urinary tract is infected as to what the symptoms are:

Acute pyelonephritis. This is an infection of the kidneys and may occur after spreading from the bladder. Kidney infection can cause upper back and flank pain, high fever, shaking, chills and nausea or vomiting.

Cystitis. Inflammation or infection of the bladder may result in pelvic pressure, lower abdomen discomfort, frequent, painful urination and strong-smelling urine.

Urethritis. Inflammation or infection of the urethra leading to burning in urination. In men, urethritis may cause penile discharge.

Urinary tract infections happen when bacteria enter the urinary tract through the urethra. The urinary system has infection-fighting capabilities that reduce the growth of unbeneficial bacteria. However, certain factors increase the odds that bacteria will enter the urinary tract and multiply into a full-blown infection.

Cystitis may occur in women after sexual intercourse. However, even girls and wom-

en who aren't sexually active are susceptible to lower urinary tract infections because the anus is so close to the female urethra. Most cases of cystitis are caused by Escherichia coli (E. coli), a species of bacteria commonly found in the gastrointestinal tract.

In urethritis, the same organisms that infect the kidney and bladder can infect the urethra. In addition, because of the female urethra's proximity to the vagina, sexually transmitted diseases (STDs), such as herpes simplex virus and chlamydia, also are possible causes of urethritis. In men, urethritis often is the result of bacteria acquired through sexual contact. The majority of such infections are caused by gonorrhea and chlamydia.

Urinary Tract Infection-Intuitive Insights

In my experience, urinary tract infections are usually exacerbated if someone is angry with another person, or if there are old buried resentments that are awakened into negative emotion. When you are "pissed off" and you do not work on the issues that you have with the person you are angry with, a urinary tract infection can be the result; and it can be recurring until the Bottom Issues are dealt with and released.

Urinary Tract Infection-Intuitive Remedies

Go up out of your space and command the bacteria to go to Gods light, watching all the unhealthy bacteria leave until it is completely gone from the body. This will heal a bladder infection nine times out of ten. If the person is not better within a half an hour, this is when you start the Belief Work.

Urinary Tract Infection-Belief Work

If the person needs Belief Work, the first thing you ask is, "Who are you angry with?" "Who are you pissed-off at?" When they tell you who they are angry with, ask them, "Would you like to get rid of that anger?"

If you do not get rid of the anger and the issues, it is not likely that the bladder infection will go away.

I have seen people that are on heavy-duty antibiotics for bladder infections and it still will not go away until the anger was released and the Bottom Belief that was holding the bladder infection was found.

Urinary Tract Infection-Downloads

- I know what it feels like to release and forgive the person that I am angry and upset with.
- I know what it feels like to live my day-to-day life without resentment and anger.
- I know the energy that I give away while angry and upset can be used for a higher purpose.
- I know what it feels like to forgive myself and others.
- Everyday, in every way, I become healthier and healthier.
- My body responds.
- I am happy.

Urinary Tract Infection-Herbals

- Cranberry juice can be used to flush the system.
- The use of the following herbals should not be used with an antibiotic that has been prescribed for a urinary infection.
- Uva ursi also called Bearberry.
- Juniper berry.

Viruses

Every virus has the ability to change into something different or to mutate to survive. In the old process that I used, I would use a tone to destroy the virus. The tone comes from the Sixth Plane in a marriage with the Seventh. In this process I would go up to the Creator through the Seventh Plane to the Sixth Plane, which is where you get the specific tone to send through the body to stop the virus. However, I no longer use this technique.

Now I make the command that the bacteria or virus change to a form that is harmonious to the body, or command the body to be in perfect balance and harmony, then boosting the immune system. This will change the microorganisms to a harmless form.

To guard ourselves from viruses, we change the core beliefs that are drawing these diseases to us, then mutate the virus with Belief Work at the same time, changing the Belief Systems that it has to attack us to survive, thus transmuting it to a life form harmless to the host. Since microbes have a group consciousness, all we humans need to do is to change our group consciousness so that the microbes have no need to be drawn to our emotions. People forget that viruses have Belief Systems too. One person I was working with said that if she got rid of her herpes virus she would have to no excuse to not have sex with her husband, which she didn't want to do. As you can see, it was serving her. Her herpes had to do with various worthiness issues, because as soon as she got into doing God's work, she put her family aside. She had Programs such as "I can only do God's work." "It's wrong for me to have a partner and be close to God," and "I am married to God," which are essentially worthiness issues.

Viruses have numerous Belief Systems attached to them. It is essential to go back to where they first contracted the disease for the associated Belief Systems at that time in the person's life. These feelings and emotions are a good indicator of why they have the virus in the first place. This is where you start in the Digging Process. The issues can extend into the present-day. Any Beliefs that are released and replaced or Downloads that you instill into the person should be also be instilled into the virus itself. For instance, the first time I saw herpes disappear, it had to do with "I am worthy of being loved, No". I told the virus that it was worthy of being loved and showed it what if felt like to be loved. After this was done, the virus left the body.

We do not want to make viruses our enemy and command that they be gone since viruses could beneficial. A virus goes through the cell wall and uses our DNA or RNA to replicate itself, so it has to get to the nucleus of the cell, which is a place where I made a discovery. There is some kind of micro-plasma organism that attacks the mitochondria and causes sicknesses. The mitochondrion has its own DNA and this must also be worked on as well. This organism is present in anyone that I have seen that has muscular dystrophy.

In the grand scheme of life, we are drawn to one another's negative attributes that we share more than the positive ones. Viruses are drawn to the negative attributes of the person, because negativity makes a person weak on all levels, physically, mentally and spiritually.

Viruses use us as the vocal communicator for survival. The older the virus is, the smarter the virus. The younger viruses are not very developed, since these viruses kill their host.

Intuitive people need to be aware that through the symbiosis between host and virus, the virus will learn to send thought forms to the host in an attempt to control the host, such as to broadcast thought-forms and feelings that manipulate the person to stop taking medication that is killing the virus or bacteria. Once again, ask the Creator what is truly going on in the situation.

If you are in someone's body and you see something that looks like a spider crawling around, it is likely that it is a virus. They are a group consciousness in the body. Viruses only have DNA or RNA, not both. Viruses attach to host cells and use either DNA or RNA. People often have many viruses at a time. People put out signals and the virus finds them.

Viruses-Intuitive Remedies-Insights

- Sometimes viruses look like little computer robots.
- Command that the Creator "heal this and show me." Check to see if the DNA of the body has changed. If it has, then repair it.
- We are drawn to mates that tend to have the same Beliefs that draw the same viruses. Pull the Beliefs on the virus and instill Feelings as needed.
- Command the virus to separate from the host cell and then command the tone to destroy it. The tone will be the opposite tone from that of the virus.

Beliefs: Will vary.

Viruses-Downloads

- I am worthy of God's love.

- I am worthy of self-love.
- I am cherished.
- I am responsible.
- I am accountable.
- I live my life knowing that with each day I become stronger and healthier.
- With each day, I become more aware of the Creator's intentions.

Warts

I have bought warts from children. I'll pay them a quarter and they'll disappear. Warts are caused by viruses and you can go in and witness the virus in the body and ask the Creator to take care of it. Buying warts from children seems to work because you've bought it so therefore it must go away.

Wilson's Disease

Wilson's disease is an inherited disorder that causes too much copper to accumulate in the vital organs. Wilson's disease shows up in many different ways, but the disease can remain dormant for years. With people that have Wilson's disease, copper isn't eliminated properly and instead accumulates, possibly to a life-threatening level. Left untreated, Wilson's disease can be fatal. When diagnosed early, Wilson's disease is treatable and many people with the disorder live normal lives. In people with Wilson's disease, copper begins accumulating in the liver directly after birth, but symptoms rarely occur before the age of 5 or 6. The disease usually becomes apparent before age 30, but Wilson's disease symptoms can appear later in life.

Wilson's Disease-Genetic Factor

Copper plays a key role in the development of healthy nerves, bones, collagen and the skin pigment melanin. Normally, copper is absorbed from your food and any excess is excreted through bile, that is a substance produced in the liver. Wilson's disease is a genetic mutation of chromosome 13 affecting ATP7B, a protein that helps transport copper into bile. ATP7B is also involved in incorporating copper into ceruloplasmin, a protein that carries the mineral through the bloodstream. The defects in the ATP7B gene cause improper elimination of copper. Instead, it builds up in the liver, where it can cause damage. In time, excess copper spills out of the liver and begins accumulating in other organs, especially the brain, eyes, kidneys and joints.

Most ATP7B mutations are passed from one generation to the next. Wilson's disease is inherited as an autosomal recessive characteristic, which means that to develop the disease two copies of the defective gene must be inherited, one from each parent. If both parents are carriers of one abnormal Wilson's gene, they have a 25 percent chance of having a child with 2 normal genes, a 50 percent chance of having a child who also is a carrier and a 25 percent chance of having a child with two recessive genes who will

develop the disease. For this reason, it is recommended that all children and siblings of people with Wilson's be tested for the disease. The build up of copper can damage the organs and tissues, but the liver and central nervous system are most often affected.

Wilson's Disease-The Liver

Because the liver is the filter for the body, copper accumulates in this vital organ. Most people show signs of liver damage, including abdominal pain, yellowing of the skin (jaundice) and anemia or vomiting of blood can occur. Cirrhosis of the liver can develop, which is irreversible scarring of the liver that affects the ability to carry out its vital roles. Symptoms of cirrhosis include swelling in the abdomen or legs and an enlarged spleen.

Wilson's Disease-Neurological

One-third of people with Wilson's disease have neurological symptoms, such as tremors, muscle spasms, unsteady walk, difficulty speaking and drooling.

Wilson's Disease-Behavior and Psychological

Wilson's disease can cause sudden personality changes and improper behavior. Children with the disease can be misdiagnosed as having behavioral problems because they behave erratically.

Wilson's Disease-Eye, Kidney & Bone

Many people with Wilson's disease, even those who do not have other signs and symptoms, develop a golden brown pigmentation around the corneas called a Kayser-Fleischer ring. This is caused by the buildup of copper deposits. Wilson's disease can interfere with the filtering function of the kidneys and lead to osteoporosis.

Wilson's Disease-Intuitive Insights

Most of the people that come to me with Wilson's disease have already been diagnosed with the disease. However, one woman that had and appointment with me was different- she had no idea what was wrong with her. When I looked in her body and asked what was wrong, God told me that she had Wilson's disease. When I began to converse with her, I found that she was completely psychotic, believing that no one could help her and everyone was trying to either kill her or do something to her. From the moment that I got on the phone with her, I knew that she had Wilson's disease. Once you feel the energy of the disease, you cannot mistake it. I did my best to get her to go to the doctor to be tested for Wilson's disease. She refused to go to the doctor, because she was so psychotic she did not believe anything I told her. The disease had

progressed to the point that she was badly unbalanced.

Most of the people that I see with Wilson's have progressed to the point where they have become jaundiced. I have watched many young people in my area die from Wilson's disease and I have watched people heal from it.

Wilson's Disease-Gene Work

The best way to work on Wilson's disease is through Gene Work.

Go to the person space and ask the Creator to change the gene that is causing the problem.

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.

2. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.

3. Make the command, "Creator of All That Is, I command the genetic flaw in this person be healed. Show me. Thank you! It is done. It is done. It is done." Go into the person's space.

4. In witnessing the change made by the Creator, the "change" happens so fast, the practitioner may only see a flash of light.

Wilson's Disease-Belief Work-Downloads

- I know it is possible to have changes in my life.
- I have a life to live.
- I have the ability to go forward.

Wilson's Disease-Supplements and Foods to Avoid

- A number of foods, especially liver, shellfish, nuts, avocados, mushrooms, and eggs contain abundant amounts of copper. When copper-containing foods are eaten, the copper is absorbed by the small intestine, binding to circulating proteins in the blood and delivered to the liver. Any copper the body that is not used is carried away by bile, a substance produced in the liver that helps digest fats.
- Have your water tested to check for levels of copper in it.
- If you are taking a multivitamin check for the levels of copper in it.
- Avoid alcohol and coffee.

- Eat onions because they have sulfur. The sulfur will pull out the excess copper.

Worms

When I first began doing body-Readings, I did a Reading on a woman who was very sick. By the time she came in to see me, her hair was a red color and stiff like wire. She had so many worms coming out of her body that she could pull them from the skin on her arm.

As she demonstrated this to me, I could see that the worms that she had were about a quarter of an inch long. This was one of the most repulsive things I had ever seen.

Her story came out as we talked. It seems that she had become very sick with the infestation and went to the doctor. The doctors did numerous tests that included X-rays. The X-rays of her back showed dark masses around her spine. The doctor recommended that an exploratory surgery be done to find out what these anomalies in her spine were. In the surgery, they found masses of worms wrapped around her spine; obviously a massive parasitical infection of some kind. It seems that the doctors did not know what to do for her. They left the parasites alone, sewed her back up and used radiation, and antibiotics in an attempt to kill the parasites. Sadly, this still did not stop the infestation. Unfortunately, they sent her home and told her that it was not likely she was going to live.

Enter the last hope for her, alternative medicine. At this point in time, I was only doing Readings and had not begun to do Healings. I made an appointment for her with another herbalist for a parasite cleanse. Four to five months later I saw her as a waitress in a restaurant. Her hair was brown again and her skin was clear. She had used a parasite cleanse and was much better. This goes to show you that parasitic infestations are more prevalent than anyone realizes them to be.

Worms are parasites that live in the gastrointestinal tract. In these modern times, we have a tendency to ignore the possibility of the infestation of parasitical worms. We treat dogs and horses for worms, but not ourselves. Somehow, people think they are immune to parasitical infestations. Worms are more common than most people suppose and they can be the underlying cause of many illnesses. They are more common in children than in adults and are prevalent in people with AIDS, chronic fatigue syndrome, candida and many other disorders.

The most common types of worms are as follows:

- Roundworms.
- Hookworms.

- Pinworms.
- Threadworms.
- Tapeworms

Depending upon the type of worm involved and the severity of infestation, there may be a variety of symptoms.

Roundworms are shaped like earthworms, only smaller in size. They can easily be seen by the naked eye. Trichinosis is a disease caused by a microscopic roundworm and if left untreated, can lead to muscle damage and cardiac or neurological complications.

Hookworms can cause itching on the soles of the feet and in some instances, bloody sputum, fever, rash and loss of appetite.

Pinworms are white, threadlike worms about one third of an inch long. In the United States, worm infestation in young children is one of the most prevalent parasitic worm problems. Pinworms cause severe anal itching, insomnia and restlessness.

Threadworms can cause coughing or bronchitis, abdominal pain, diarrhea and gas.

Tapeworms vary in length from an inch to up to 30 feet and can survive for up to 25 years in the body. Small tapeworms can cause weight and appetite loss, abdominal pain, vomiting and diarrhea. Large tapeworms can cause similar symptoms, but usually without weight loss.

Worm infestations can cause poor absorption of essential nutrients, loss of blood from the gastrointestinal tract and lead to such deficiency related disorders such as anemia or growth problems. Worms can be contracted through a variety of mechanisms, including improper disposal of human or animal waste, walking barefoot on contaminated soil and ingestion of eggs or larvae from uncooked or partially cooked meat. In some instances, eggs may become airborne and be inhaled.

Doctors treat most types of worms with pharmaceutical medications such as Vermox, Mentezol, or with Antiminth. Physicians do not normally check for parasitical infections. This is why it is up to you to take the initiative and do a parasite cleanse once a year.

Worms-Remedies

- With most parasite herbal cleanses it is best to use them for 10 days on, 5 days off, 10 days on, 5 days off again.
- Wormwood and clove work very well for American worms.

- Oregano works well for many kinds of parasitical infestations from other countries. One should be careful with oregano oil, as it is quite strong.
- Noni juice is also a very good parasite cleanse. It is suggested to use Noni five days on, two days off, five days on and two today's off.
- Hanna Kroeger's Wormwood or Rascal cleanses are great! Use them for 10 days on, 5 days off, 10 days on, 5 days off again. Caution: do not use wormwood during pregnancy. This parasite cleanse is particularly good for tapeworms.
- Black Walnut extract destroys many types of worms. It is suggested to use Black Walnut extract on an empty stomach three times per day.
- Pumpkin seeds will kill many different types of worms.
- Aloe Vera juice taken twice daily can stop a worm infestation.
- Cascara sagrada, chamomile, chaparral, echinacea root and thyme are all good for a parasite cleanse.
- Copper in its Ionic form is a good parasite cleanse, but you cannot use it if you have Wilson's disease.
- Bromelain is a good expectorant of worms, so a regimen of raw pineapple can expel parasites.
- For a severe infestation, a colonic irrigation can be beneficial. A professional usually performs this procedure.
- Remember to have your pets de-wormed regularly, as this can be a source of infestation.
- Some sushi has been found to be contaminated with a worm-like parasite called antisakis, which can cause illness similar to Crohn's disease if ingested. This parasite is a tightly coiled, clear worm about an inch in length. It is commonly found in herring and other fish. Fortunately, an experienced sushi chef can spot this parasite easily.
- The risk of parasitic infection is increased by travel to places with poor public sanitation.
- If you know you have a worm infestation, good vitamins are important, such as a multi-vitamin-multi-mineral combination because the worms are stealing essential nutrients from the body.
- Vitamin B complex is good to strengthen the immune system.
- Zinc clears the waste products left from the die off of the worms.

Worms-Intuitive Insights

People that are infested with worms will sometimes have irrational fears that should they use herbal cleanses, the herbs will poison them and kill them. This is not the person talking but rather the parasite that is projecting emotions to the host. It should be made clear to the infested person that the parasite is attempting to control them and the feelings that they are experiencing will pass as soon as the worms are gone.

Worms-Belief Work-Downloads

Worms are drawn to people with certain associated Belief Systems. Belief Systems associated with worms deal with issues surrounding people that take advantage of them.

Worms-Beliefs

- I let people take advantage of me.
- People take advantage of me.
- Replaced with:
- I know how to assert myself.
- I know how to say no.

Worms-Downloads

- I know how to live my life without people taking advantage of me.
- I know what it feels like to live my life without allowing others to take my energy.
- I know what it feels like to live without parasitical people in my life.
- I know how to say no to parasitical people with grace and ease.
- I understand what it feels like to deal with the earth's vast variety of people without drama.
- I know how to say no.
- I know what it feels like to say no in the highest and best way.
- I know what it feels like to uplift people when I interact with them.
- I know what it feels like to live my life in joy, happiness and spiritual generosity.
- I know when I should give and when I should receive.

Vitamins & Minerals

As a means of explaining the relation between the physical and metaphysical structure of life and how it pertains to the Planes of Existence, the following graph demonstrates what the consequences would be if there is lack of certain key components in our physical body. I will discuss how this relates to the microcosmic body, and the intimate relationship with the interconnected larger macrocosmic body of creation.

The Structure of Life with the Planes

This is how the basic components that make up the human body are found in relation to the Planes of Existence.

The 1st Plane is composed of minerals- If there is a lack of minerals- There is a lack of support.

The 2nd Plane is vitamins- If there is a lack of vitamins- There is a lack of love.

The 3rd Plane is proteins-If there is a lack of proteins- There is a lack of nurturing.

The 4th Plane is carbohydrates- If there is a lack of carbohydrates- There is a lack of energy.

The 5th Plane is lipids- If there is a lack of lipids- There is a lack of spiritual balance.

The 6th Plane is nucleic acid- If there is a lack of nucleic acid- There is a lack of spiritual structure.

The 7th Plane is ATP- If there is a lack ATP- There is a lack of spiritual essence.

All living things, plants and animals, require a continual supply of energy in order to function. This energy is used for all the processes which keep the organism alive. Some of these processes happen continually, such as the metabolism of foods, the synthesis of large, biologically important molecules, (e.g. proteins and DNA), and the transport of molecules and ions throughout the organism. Other processes occur only at certain times, such as in muscle contraction and in other cellular movements. Animals obtain their energy by the oxidation of foods. Plants create energy by trapping the sunlight using chlorophyll. The presence of light and the green pigment chlorophyll makes the change of carbon dioxide and water to glucose and oxygen possible. The oxygen and glucose can be then used as energy. However, before the energy can be used, it is first transformed into a form which the organism can handle easily. This special carrier of energy is the molecule adenosine triphosphate, or ATP.

If you have a lack of ATP, you will have a lack of spirit, because ATP is the energy that makes the cell function. This is the pure energy that is held in the mitochondria. The electrical pulse of the energy of ATP is the home of the spirit. The spirit is in the mitochondria, not in the DNA. In a mechanistic view, the DNA is the computer program and the mitochondria the conscious energy directing the program. When people die and energy is seen leaving the body, this is the mitochondrion beginning to shut down. This is why minerals, vitamins, proteins and carbohydrates are so important. They give us the vital ingredients that become the fuel for the ATP life force. They make us what we are; living beings of the Seventh Plane of Existence. I have heard the Creator say that our DNA is a computer program of what we believe we are. But it is the ATP energy in our cells where our spirit resides.

We all know that the lack of vitamins and minerals can open a person to illness. Your body has an incredible way of absorbing these substances if it has access to them and if there is nothing blocking the absorption process. Depending on your Beliefs, you may not get all the nutrition from vitamins and minerals because of energetic blocks held by emotions and Programs, or the lack of Feelings that will permit free absorption into the cells.

Lets use an example from the Third Plane of Existence.

As in the chart, the Third Plane is consisted of proteins.

Amino acids make proteins.

The body needs proteins and lipids to make hormones.

Steroid hormones are made of lipids.

An example of a steroid hormone is estrogen and serotonin.

You have to have Omega 3's to make Serotonin. You have to have amino acids to make Serotonin as well. Tryptophan makes serotonin, and keeps you from depression. If your hormones are off, it'll make you gain weight. If you need amino acids to create serotonin, and since they are a protein, what emotional component are you missing? Nurturing! From who, you may ask? Perhaps you are missing nurturing from your mother, your father, or from yourself?

I have selected certain people in classes and I gave them one amino acid. It made all those that took it feel better. It is this amino acid that you have to have to make endorphins. I know that you have heard of endorphins. Endorphins are only one of many chemicals in the brain known as neurotransmitters. Neurotransmitters function

to transmit electrical signals throughout the nervous system. At least twenty types of endorphins have been established in humans. Endorphins are found in the pituitary and in other parts of the brain. They are also distributed throughout the nervous system. Pain and stress are the two most common reasons for the release of endorphins. Endorphins interact with the receptors in the brain that reduce our sensitivity to pain and act similarly as drugs such as morphine and codeine. However, these endorphins do not act as opiate drugs in that they do not cause an addiction or dependence pattern. I have a high pain threshold, so I know that I have some endorphins. In the past, I was in constant pain. Do you know that your body is not supposed to be in physical pain? Ever since I was a little girl I had the Program that it is painful to be in a human body and to be on this Plane. To explain my childhood dilemma, lets say a baby doesn't get adequate mother's milk when it is little. This means that it doesn't have the proper nutrients to make endorphins. Without the ability to create adequate endorphins children will attempt to compensate in different ways, but they are still in constant pain.

Do you know that you are supposed to be able to handle all of life's issues? Like a fine tuned machine, that's how you're designed. Do you know that if people take the amino acid or vitamin that they are missing for a period of a month they clear up many of their emotional and unconscious issues? Also, they may stabilize and they won't have to take the vitamins or amino acids anymore. Do you know that you're designed to survive raising teenagers? It's true!

Do you know that when a nursing mother kisses her baby that she intuitively makes the right nutrients for the baby's next feeding? As a baby, I was bottle fed. When my mother got pregnant with me, she was so sick that I missed nutrients in the womb. Her gallbladder was so bad, that she had to live on vitamin K shots, and when they cut her open for surgery there was so much infection under her rib cage that they had to stick tubes into her. When they cut her open the Doctors said to her, "You can kiss this baby good-bye." They also told her that she would never carry me, and that I would be aborted. My mother is elderly now and do you know what she said to me just a month or so ago? She said, "Look into my eyes Vianna and bond with me; we never bonded when you were born because I never thought I would carry you."

Thoughts are real things, they have essence; they can create anything in the Planes of Existence. We know this for a fact, because when we staged an Intuitive Anatomy Class in Hawaii, we had cleared enough issues from the students so that by the end of the three weeks, everyone was acid-alkaline balanced at 7.2 alkaline. Technically, you have to eat alkaline based food to keep your alkalinity at 7.2, and then nothing can make you sick. I have an extensive knowledge of nutrition and vitamins. I have given straight alkaline foods to clients and they still stay acidic for months. They go through huge healing crisis's and other drama while their body alkalizes. Belief Work made my

entire class alkaline in a short period of time and they were still eating chocolate cake.

Your Beliefs can create the exact same energy as a vitamin. What do you do if you have a client that really doesn't believe in Belief Work? Well, you won't because your clients are coming to you for the Belief Work. Download your clients with everything in the Advanced ThetaHealing book, if possible, then they can let go of everything that doesn't serve them, easily and quickly. The more that you clear your mind, the more you can access the Seventh Plane easily to bring the body to balance. Sickness is not your enemy. You have to have many Negative Beliefs to create a sickness. Sickness is a sign of imbalance. I pulled the hatred from a little boy that he held for his father and all of his colon cancer when away, just like that.

There is an abundance of information available on vitamins and minerals. You can find hundreds of books filled with information on the subject. This short overview is intended to give you some ideas of the problems that can be caused by the lack of certain vitamins and minerals. When you look into a person's body and see deficiencies, they can usually correct this by using the proper vitamins and minerals. You must train yourself to ask the body and the Creator what specific vitamins or minerals are needed. Eventually you will be able to recognize these deficiencies at a glance.

We know that the lack of vitamins and minerals can create diseases in the body. However, with a proper balance of these vital supplements, the body creates health. The cells have an incredible way of absorbing and distributing vitamins and minerals for the bodies' myriad of needs. There are many ways that this absorption of vitamins and minerals are blocked.

What people overlook is the emotional and mental component in the absorption of these supplements. If we train the cells to accept anger and frustration and to reject love and joy, we may also be training the cells to reject the substances that will give us the ability to create the feelings of love and joy.

Depending on your Beliefs, you may not get all the nutrition from vitamins & minerals because of energetic blocks held there by emotions and Programs.

Vitamins & Minerals-Suggested Downloads

- I understand how to accept vitamins and minerals in my body in the highest and best way.
- I know what it feels like to absorb the essence of life from vitamins and minerals.
- I know that vitamins and minerals are a gift from the Creator of All that Is to make my body strong.

For dosages of Vitamins refer to "The Real Vitamin & Mineral Book" by Shari Lie-

berman.

Vitamin A

Vitamin A is required for reproduction, DNA maintenance and for tissues. It is beneficial for the treatment of acne, psoriasis, skin disorders and for use with chronic ulcers. It helps the immune system and it is used in the treatment of cancer. Vitamin A is used for the absorption of beta-carotene and is beneficial for the lungs.

Deficiencies of vitamin A show up in the skin, the glands, the mucus membranes and in the form of gastritis. Vitamin A is safe to use on clients who have frequent sore throat, cold sores, flu's, bronchitis and respiratory infections. Most fish products are high in vitamin A, such as fish oil, halibut and salmon. It is also found in beef, chicken, liver and eggs.

Vitamin D

One source of Vitamin D is from sunlight. It is important to have sufficient amounts of vitamin D so you can metabolize the calcium and phosphorus in your body. Rickets is a deficiency of vitamin D. Symptoms of Vitamin D deficiencies in children are stunted growth, tooth decay, weakness and irreversible bone deformities. In adults, Vitamin D deficiencies can cause difficulty in labor when having children. Hypoglycemia is associated with low calcium in the blood, as is osteoporosis. These maladies can be directly related to Vitamin D deficiency because Vitamin D is essential in the absorption of calcium. A thousand units per day of Vitamin D appears to be safe. However, overdosing on Vitamin D is unadvised. Too much Vitamin D can make you sick to your stomach, along with other symptoms such as loss of appetite, headache, diarrhea, fatigue, restlessness, or worse. Vitamin D is also found in many supplements such as calcium.

Vitamin E

This particular vitamin is an anti-aging aid. Use of the daily requirement of Vitamin E may help slow the process of aging. It is phenomenal when working on cancer. Vitamin E has amazing powers to increase your muscular regeneration. It helps the cells in your lungs, your liver, your heart and your blood. Vitamin E has unbelievable powers for helping your sex life. It is a very important supplement for the blood, helping platelets to stick together. It is an aid in healing wounds and vital in minimizing scar tissue. Vitamin E consists of four substances: called alpha, beta, delta and gamma.

Another name for Vitamin E is tocopherol. Tocopherol is a vital component in cancer prevention. It is wonderful for cardio vascular disease prevention, core circulation, aging, premenstrual syndrome, prevention of excessive bleeding and pre-menopausal hot flashes

Vitamin K

Vitamin K is assimilated from food and the bacteria in the intestines naturally create it. Vitamin K has an important function in helping blood to clot when we have open wounds. Red blood cells die more quickly than usual if they have too much Vitamin K. Good sources of Vitamin K are spinach, green cabbage, tomatoes, liver and lean meat. Other sources are whole wheat, strawberries and egg yolks.

Vitamin Bs

Vitamin B should always be taken in a B-complex. By taking Vitamin B in a complex, your body can break it down much easier. Vitamin B is used to produce energy for the body.

Vitamin B1

Vitamin B1 is also called thiamin; it has to do with the metabolism of carbohydrates in the body. It is effective in helping with conditions such as anxiety, it helps when you are on a diet and it is used for emotional and physical stress. A classic kind of deficiency from Vitamin B1 is Beriberi. It has also been determined that people who are schizophrenic are very low in thiamin.

Vitamin B2

Vitamin B2 is called riboflavin. It is used as a protein metabolism for the enzymes. It is necessary to transport oxygen to cells. It is used for tissue repair during physical stress. Major medical problems such as burns, injuries, surgeries, tuberculoses and fevers cause a higher demand for Vitamin B in your body. People that have anemia also have a shortage of B2. Vitamin B2 promotes healthy eyes and it is found in the pigment of the retina. Some of the diseases treated with Vitamin B2 are stress, cataract prevention, carpal tunnel syndrome, depression and anxiety.

Vitamin B3

Vitamin B3 known as niacin, is one of the very few things that will pull out radiation. In several studies, it appears that niacin is effective against more than one type of carcinogen. It is associated with the prevention of many types of cancer. Deficiencies of niacin are a major factor in the development of some diseases such as circulation problems, high cholesterol, anxiety and depression. Examples of excellent food sources for niacin are wheat, fish, milk, cheese, whole wheat, potatoes, corn, eggs, broccoli, tomatoes and carrots. However, it is often presented in food in a form that is not always absorbable. B3 can be lost when over-cooking vegetables. Steaming your vegetables will help prevent the loss of niacin when cooking.

Vitamin B6

Vitamin B6 is known as pyridoxine. Pyridoxine is one of the most essential, widely utilized vitamins in the body. It is a co-enzyme that is used in over sixty enzymatic reactions involved in the metabolism of the amino acids, the essential fatty acids. Therefore, it is needed for proper growth and maintenance of body functions.

Deficiencies in pyridoxine bring forth an astonishing variety of symptoms and all

of them usually affect the nervous system or make changes in the skin. The nervous system is dependent on B6 in a variety of ways. Typical problems when we are deficient in pyridoxine are depression, confusion, dizziness, insomnia, irritability, nervousness, the feeling of pins and needles in the feet and hands and even a slowing in the brain's functions. Food sources for pyridoxine are carrots, eggs, spinach, peas, meat, chicken and fish. Many people who have Muscular Sclerosis have done quite well while being treated with B6. PMS (premenstrual syndrome), is often eliminated with the treatment of B6. B6 helps with kidney stones and it can also be used as a diuretic. Carpal Tunnel syndrome is usually caused by the lack of B6. Asthma can also be helped by using B6.

Vitamin B12

Vitamin B12 is cobalamin. Deficiencies from lack of vitamin B12 show up as anemia and fatigue. Most alcoholics are short on B12. B12 can be given to women who are pregnant and having problems with morning sickness. Chief food sources are beef kidney, lamb, and veal. Other good sources are mackerel, herring, cheese, clams, sardines, salmon, crab and oysters. There are no known toxicity defects from taking too much of this vitamin.

Folic Acid

Folic acid is closely related to vitamin B12 in the body. It is involved with the metabolism of amino acids. B12 is needed in the reproduction of RNA and DNA. It is vital for the cells themselves. Many aspects of the immune system are affected by deficiencies of folic acid. Depression, anxiety and anemia can be treated with folic acid. It is suggested to take folic acid with molybdenum for Candida. There are no known toxicity defects attributed to folic acid. However, women who are currently using contraceptives are at risk if they are taking folic acid supplements.

Pantothenic Acid

Pantothenic acid converts into a co-enzyme, which is used during the metabolism of fats. Pantothetic acid is used for joint inflammation, depression, anxiety and arthritis. There is no known toxicity effects from pantothenic acid. It has been known to help those with rheumatoid arthritis and sinus problems.

It is important to note that if you are eating a high fiber breakfast and then immediately take your vitamins, the fiber is digested first and the vitamins are often flushed away. So if fiber is a part of your everyday diet, take your vitamins at least two hours after eating it.

Minerals

Of all the deficiencies I have encountered in clients, few are as prevalent as those having deficiencies in calcium and magnesium. Very few people that I have looked at actually have enough calcium in their bodies. I believe that mineral deficiency is a underlying cause of many modern illnesses. Due to the depletion of our soils, minerals are no longer as available to us as they once were. A suggestion for proper absorption of supplemental minerals is to take a chelated mineral. It is easier for chelated minerals to get into the blood stream and be absorbed through the walls of the cells. Absorption of non-chelated minerals is more difficult. Finding a chelated mineral is extremely important.

Calcium

Calcium is needed to help heal and maintain our bones. It builds and maintains the bones while at the same time giving vitality and endurance to the body. It helps maintain mental stability and keeps the muscles fit. Calcium should be used with Vitamin D and magnesium for proper absorption. People who have Healing and intuitive abilities seem to be low on calcium. It appears that quantities of calcium are consumed in making connections of an electromagnetic nature; therefore, I tell people who are going to do any kind of Healing work to be sure they take plenty of calcium.

If you do not have enough calcium you can develop what is called osteoporosis. In studies on osteoporosis, researchers have concluded that the cure for osteoporosis is calcium. High blood pressure can also be associated with the lack of calcium.

Some forms of calcium (such as oyster shell calcium) cannot be absorbed by the body and become a toxin in our system. Some dysfunctions of the kidney are associated with the lack of the correct form of calcium. An interesting fact is that we actually absorb as little as twenty to forty percent of the calcium from our food. We have found that milk products do not carry as much calcium as they used to because milk is now pasteurized and homogenized. However, whole milk is much more beneficial than skim milk. A good source of calcium is from carrots.

Magnesium

Magnesium is necessary to relax your nerves. It relieves what is called "brain lag." Magnesium is used to keep your intestines functioning and is beneficial as a laxative. It is used as a motor stimulant for the brain. Low magnesium is associated with angina, heart problems and high blood pressure.

Zinc

Zinc is a phenomenal mineral used in pulling heavy metal toxins out of the body. Zinc should be taken in a chelated form. Lack of zinc in your system can cause you to have poor night vision. Without zinc, your immune system will not function up to

its capabilities and you will find you are a prime candidate for some immunological disorders.

Without the proper amounts of zinc, there can be a decrease in your sense of smell and taste. Zinc is phenomenal at pulling out heavy metals such as lead and cadmium from the body.

Iron

A common mineral our bodies need is iron. Iron is needed for the red blood cells in our body. Approximately seventy-five percent of the hemoglobin in our red blood cells is responsible for carrying the oxygen through our lungs. Major deficiencies in iron can cause inconsistencies in this vital process. Difficulties with anemia only occur after the body's stored iron is depleted. There are several good food sources for iron. Some of these are eggs, green vegetables, fruits and milk. Iron is in a large variety of plants. Inorganic iron is extremely hard to absorb, which unfortunately is most of the iron that is sold in health food stores and otherwise. Be specific when you purchase an iron supplement to ensure that it is a chelated iron so your body can absorb it. Iron deficiency is also associated with some types of asthma.

Copper

Copper is an interesting trace mineral. Organic copper will pull out other copper that is in the system as a toxin. There are particular diseases caused by the toxicity of copper. You can identify the toxicity from the inability to get that "metallic taste" out of your mouth. Too much copper can cause nausea, abdominal pain and headaches.

Be careful when taking copper. You should never take too much copper if you have a malady called Wilson's disease.

Chromium

It is interesting to note that the mineral chromium has been used in a variety of studies for the treatment of diabetes. Chromium has been used to treat high cholesterol, especially in cases dealing with related diabetes. Hypoglycemia can be treated with chromium.

Selenium

The mineral selenium is vital for the absorption of Vitamin E. Selenium is remarkable in the treatment of cancer. It pulls out the toxicity effects of heavy metals that are carcinogens, such as mercury. Selenium is used for the heart, for cancer, for mercury accumulations and for arthritis. In high doses, selenium is toxic.

Iodine

The function of the thyroid is aided by the use of iodine. Foods that offer a good source of iodine are shellfish, fish and most seafood. Most bland vegetables are rather

low in iodine. One of the biggest sources of iodine is iodized salt. Iodine has a toxic effect if you use over a thousand micrograms a day. If you take in too much iodine, an iodized goiter can form in the body.

Potassium

Potassium is vital in maintaining the fluid balance in our cells. Potassium deficiencies usually cause terrible cramps, nausea, vomiting, weakness, muscle spasms, rapid heartbeat and sometimes heart failure. Like magnesium, potassium is vital for the heart. Potassium is readily available in fresh fruits and other fresh foods, such as watermelon, cream of tartar, potatoes, bananas, oranges and tomatoes. Potassium exists in balance with the sodium in the body. More than eighteen grams of potassium a day could cause kidney failure. Common sense is the best advice in the use of supplements.

COQ10

COQ10 is essential for the heart. It supplies energy for the heart's pumping action. Without a sufficient supply of COQ10, your heart simply fails. The cell's energy is derived in part from COQ10. People who have MS usually have a deficiency of COQ10. COQ10 will benefit everyone who has MS. People who have been exposed to radiation also need to be taking COQ10.

Boron

Boron is another essential mineral. Boron helps in the absorption of calcium, magnesium and zinc. It increases bone density.

Minerals

With the advent of modern farming, the manner that crops are grown has changed dramatically in order to produce a "bumper crop." At one time, the soil was replenished with natural fertilizers (manure) creating what is called humus, a mineral rich soil for plants. Today, most farmers use only three basic minerals for most ground crops: Nitrogen, Potassium, and Phosphorous. Without a full compliment of trace minerals to draw on from the soil, a plant does not transfer them to us. This means that every slice of bread, every tomato, and every ear of corn has a little less trace mineral in it. Each year, the earth becomes more depleted of the essential trace minerals we need to maintain health and prevent disease.

The following list are some of the possible side effects of improper dietary minerals in our food.

Acne: Zinc, Sulfur
Anemia: Iron, Cobalt, Copper, Selenium
Arthritis: Calcium, Copper, Magnesium, Potassium, Boron
Asthma: Manganese, Zinc, Potassium

Brittle Nails: Iron, Zinc
Birth Defects: Zinc, Copper, Cobalt, Selenium, Magnesium, Manganese
Cancer: Selenium, Germanium
Candida: Zinc, Selenium, Chromium
Cardiovascular Disease: Calcium, Copper, Magnesium, Potassium, Selenium, Manganese
Chronic Fatigue: Zinc, Selenium, Chromium, Vanadium
Constipation: Iron, Magnesium, Potassium
Cramps: Calcium, Sodium
Depression: Calcium, Copper, Iron, Sodium, Zinc, Chromium
Diabetes: Chromium, Vanadium, Zinc
Digestive Problems: Chlorine, Chromium, Zinc
Eczema: Zinc
Edema: Potassium
Goiter (low thyroid): Iodine , Copper
Graying Hair: Copper
Hair Loss: Copper, Zinc
Hyperactivity: Chromium, Zinc, Magnesium, Lithium
Hypoglycemia (low blood sugar): Chromium, Vanadium, Zinc
Hypothermia: Magnesium
Immune System Weakness: Zinc, Selenium, Chromium
Impotence: Selenium, Zinc, Manganese, Calcium, Chromium
Liver Dysfunction: Cobalt, Selenium, Chromium, Zinc
Memory Loss: Manganese
Muscular Dystrophy/ Weakness (also Cystic Fibrosis): Selenium, Potassium, Manganese
Nervousness: Magnesium
Osteoporosis: Calcium, Magnesium, Boron
PMS: Zinc, Chromium, Selenium
Peritonitis, Gingivitis (receding gums): Calcium, Potassium, Magnesium, Boron
Sexual Dysfunction: Selenium, Zinc, Manganese
Wrinkles and Sagging (facial aging): Copper
NOTE: This is not a diagnostic chart, and should not be used in place of a health professional to determine a recovery program.

Amino Acids

Problems can also arise when your body is lacking certain amino acids. Certain amino acids actually help to stimulate what is called the "growth hormone" in the body.

The following is a list of the vital amino acids that the body uses:

Alanine, Arginine, Asparagines, Aspartic acid, Cysteine, Glutamine, Glutamic

acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Praline, Serine, Threonine, Tryptophan, Tyrosine and Valine.

Supplementation for amino acid complexes should have the proper balance of these amino acids.

Tips for Increasing Calcium Absorption

- Get sufficient Vitamin D from sunshine: ideally, 20% of the body should be exposed for 30 minutes daily or the use of full spectrum lighting should be employed. Chlorophyll rich foods are essential to get enough Vitamin D.
- Eat calcium -magnesium-chlorophyll- and mineral rich foods: seaweed, legumes and leafy greens.
- Avoid excessive calcium inhibitors- spinach, chard, beet greens and cranberries.
- Exercise regularly but moderately to halt calcium loss and increase bone mass.
- Calcium supplements should be used with mineral rich foods; Alfalfa/kelp or
- with a mineral formula.
- Presoak grains and legumes before cooking to neutralize phytic acid content.
- Dairy foods: The fermented kinds digest more readily such as buttermilk, yogurt, cottage cheese and kefir.

Mineral Rich Formula

1 Part Horsetail

1 Part Oatstraw

1 Part Kombu or Kelp

1/3 Part Lobelia

Simmer 1 oz. of formula in I pint water for 25 minutes. Drink 1/2 cup 2-3 times a day.

At the end of three weeks, stop using formula for 1 week. It is a good idea to do this one season each year. (winter-time is ideal).

Herbals

In this section, I will cover herbs that you should not use in certain situations and how they interact with pharmaceutical drugs and contradict each other. Many herbal companies out there are creating herbal combinations that can possibly give people reactions. Some of these herbal companies create these combinations just because they think it is a good idea and this is not necessarily the case. Not everyone can safely use some herbal combinations. It is best to know what contradictions particular herbs have with other herbs as well as contradictions with pharmaceutical medicines. Not everyone that makes these products knows what they are doing.

The Witches Brew of Herbal Combinations

It is very important to have access to physician desk references that tell you how supplements, medicines and herbs interact. I am amazed at how many network marketing companies have created a "witch's brew" of combinations of different herbs, most of which do not interact well (or at all) with each other. The body works better with one or two herbs at a time. If you add more herbs than this, the chances of an allergic reaction is increased by 72%. There is also the additional concern that one of these herbs may have caused reactions if the person is using prescription medicine.

The following are some herbs that are often misused:

Licorice Root

Licorice root should not be used if the person is taking prescription cortisone. If a person has Addison's disease or Cushing's, they must be very careful using licorice root.

Guarana

Guarana is one of the most perfect forms of caffeine on the planet. Guarana should not be used with high blood pressure or heart medicine.

Gingko Biloba

Gingko expands the capillaries to help blood flow and should not be used with high blood pressure medicine. It is also not good to suddenly discontinue the use of Gingko because the capillaries will restrict, causing a stroke.

Goldenseal

Goldenseal should not be used if you are nursing, or if you are diabetic.

St. John's Wort

St. Johns Wort should not be taken with antidepressants or if you are a diabetic.

Lets take this discussion one step further. For instance, you might go into an herbal shop and buy a product called ginseng. You also might expect that it is going to help you the way it is supposed to. However, what you don't know is that out of a hundred different products called ginseng that were tested to have the herb itself in them, only 10 of those products actually had it. This is why so many state and federal authorities want to regulate herbal medicines.

There are people who are so depleted of vitamins that it is difficult for them to function. I am sure that some of you have heard about a new book that is out in which it tells you not to take correct doses of vitamins. I know who this person is and he is an idiot. Please do not listen to him.

For one reason or another, our bodies can become depleted of certain minerals and vitamins and these need to be replenished. In ThetaHealing, we never diagnose or prescribe. We merely suggest that certain supplements might be something for you to consider. There have been people that come to me as clients that are misusing vitamins and supplements. What I find is that these vitamins and supplements are causing more harm than good to the person, at least in some instances. I suggest they re-consider their use of them.

The suggestion of certain herbs, vitamins and minerals as a supplementation to someone's health gives a person the psychological control of his/her own illness. Taking these herbs and vitamins shows the subconscious that they truly want to get better. I have found that recommending ways that people can help themselves can motivate them as much as any Healing that I ever did.

Self-Healing allows them to feel that they are taking control of their disease.

One thing I have found is that anyone who has a long-term injury or illness needs to write a goal stating what they are going to do when they've finished with the sickness. More often than not, when people are finished with the illness and the cancer is gone, (or whatever problem they had,) they will look at me and say,"Now what?" They have spent so many years working on the illnesses that they have no idea what to do next. Always encourage people to think about and plan for the future after the disease.

Blessing Food and Herbs

If we buy herbs, vitamins, or food from the store, ask Creator of All That Is if what you are buying is for your highest and best. We can determine this by connecting to Creator while holding the product and simply asking if the potency is correct. Using Energy-Testing and pendulums in many instances is not useful in this application because the unconscious mind has a tendency to interfere with the answer. Once the substance has passed the test, it should be blessed before use to insure maximum potency, effectiveness and quality. Since everything has a consciousness and we absorb this essence when we consume it, we need to bless all the food and herbs we eat! If these substances have not been treated with the respect they deserve, the benefits will be reduced. Genetically altered food, especially corn and soy, has a consciousness that is perhaps not for our best. If there is a question about the essence of the food, go back and bless it from its origin. Healers using the Second Plane of Existence understand how to use herbs and vitamins in order to achieve health. Healing from the Second Plane takes persistent use and requires time to take affect. Healers working with this Plane require extensive knowledge of plants and their reactions to medicines. Without this knowledge, there is a risk to the client. As with minerals, there is an organic combination of plants for every illness.

Herbal and Supplement List

Acidophilus: Maintains normal bacteria balance in the intestines, lowers cholesterol, aids digestion of milk products.

Aloe Vera : Stomach disorders, high in Vitamin C, ulcers, constipation and arthritis.

Apple Juice: The pectin found contained in apple juice removes toxins and metals, lowers cholesterol, heart diseases and gallstones.

Bay Berry: Helps menstrual cramps, tones female organs, strengthens uterus during pregnancy. Stimulates the intestinal movement, slows breathing and for bronchial constriction.

Bee Pollen: Good source of vitamin C-amino acids-fatty acids-calcium- magnesium-potassium--fatigue, depression, cancer, colon disorders, allergies, cancer (keep in mind that if you are counseling cancer patients or are giving someone a protein supplement, bee pollen contains high amounts of protein.)

Bilberry: Anti-viral, benefits capillaries, aids in the function of the eye and for circulation in varicose veins. There are many people that are allergic to this herb.

Black Cohosh: Has natural estrogen (synthetic estrogen has been known to cause cancer). Good for hot flashes during menopause, regulates menstrual flow, tonic for mucous and serous tissues, child birth pain, estrogen, menopause and menstrual cramps, lowers blood pressure-cholesterol levels, reduces mucus, and relieves hot flashes.

This herbal should not be used by people that have breast or other related cancers.

Black Walnut: Parasites and fungal infections. This herbal should not be used for those that are diabetic.

Burdock Root: Gout symptoms, blood purifier and gall bladder.

Camu: Very potent anti-viral, anti-migraine and anti-depressant.

Carrot Juice: Good overall source for vitamins and cancer fighter.

Cascara Sagrada: Cleans the valves, laxative for constipation and parasites.

Cats Claw: Cleans intestinal tract, anti-oxidant, intestinal problems, cancer and tumors.

Catnip: Natures own Alka-Seltzer, mild sedative effect on the nervous system, helps prevent miscarriage, pain reliever, worms and nerves.

Cayenne Pepper: Circulation, bleeding ulcers and arthritis.

Chamomile: A gentle pain reliever which can be given to infants and is also good for relaxation.

Chaparral: Great anti-cancer supplement, is a strong anti-oxidant, good for use on tumors, antiseptic and is able to pull old LSD out of the body. Also helps purify the blood.

This herbal is a great detoxifier, but reacts to certain prescription medications.

Chinese Angelica: for immune enhancer.

Chinese Ma Huang: Asthma, colds, respiratory problems, heart disorders, (it is commonly referred to as Ephedra in the United States (when given with Guarana it becomes a strong stimulant that can be dangerous.) Should never be taken with heart medications.

Chlorella: Excellent source of chlorophyll-carbohydrates-Vitamin C-Vitamin E-proteins, used for for bleeding gums, infections, burns, asthma, one of the best sources for pulling mercury toxins from the body (must start with small doses and increase slowly.)

COQ10: Heart, cellular energies, stimulant and anti-aging.

Damiana: Excellent hormone regulator. Increases fertility in both male and females. Do not use if you have had estrogen related cancers!

Dandelion Root: Cleanses the bloodstream and liver, diuretic, helps the kidneys-pancreas-spleen-stomach and age spots. You should only use this herb for short periods of time, because it will effect the blood sugar and can have adverse effects on the liver.

Echinacea: Immune stimulant, promotes T. cell activation, flushes the lymph system by enhancing macrophages in the blood, stimulates white blood cells, anti-inflammatory, for colds, flu's and general infections.

Feverfew: Arthritis, fever, headaches, muscle tension, pain reliever, increases blood platelets and is an anti-inflammatory.

Fenugreek: Lymphatic system, for anti-inflammatory and helps the lungs.

Flaxseed Oil: Excellent source of Vitamin B-C-protein-magnesium-potassium-fiber, pain reducer, inflammation, arthritis and liver functions.

Garlic Powder: Antibiotic, anti-fungal, anti-oxidant and lowers blood pressure.

Ginger Root: Cleanses the colon, reduces spasms and anti-oxidant.

Ginkgo Biloba: Brain functions, pulls toxins, Alzheimer's-Parkinson's disease.

Golden Seal: Anti-inflammatory, anti-bacteria, for strengthening the immune system. Do not use with any dysfunctions if there is diabetes or hypoglycemia. Note, do not give to small children.

Grape Seed Extract: Grape seed extract has been well studied for micro vascular disorders. It has been used for varicose veins, capillary fragility, muscular degeneration, helps visual function, anti-oxidant, cancer treatment and toxin removal.

Green Tea: Antioxidant, cancer prevention, lowers cholesterol, reduces clotting, weight loss and regulates blood sugar.

Guarana: Pure form of caffeine-often used with Chinese Ma Hung-not a good combination, beware when buying as this combination should not be used.

Irish Moss: Will eliminate dead tissue in the body. It is an excellent source of iodine compatible with the body.

Kava Kava: Depression, insomnia, stress and urinary infections.

Licorice Root: Stomach problems, colon cleanse, allergic reactions, asthma, adrenals, depression, fever and helps the bowels. This herbal should not be used by those that are using cortisone or have breast cancer.

Maca: For women: extra energy, PMS, menopausal symptoms, hot flashes, vaginal dryness, the "blues," postmenopausal symptoms and healthy bones. For men: enhanced libido, sexual potency, fertility, energy and stamina. Do not use with estrogen related cancers

Marshmallow: Soothes-helps skin, bladder infections and kidney problems.

Milk Thistle: Liver cleanse-reconstruction (not to be given in the spring because the liver is purging itself during springtime).

Mistletoe: For the Lymph gland function. Mistletoe has some usages in cancer, but must be administered by a registered herbalist due to the inherently strong constitutes of the herb.

Olive Leaf Extract: Parasites, yeast infections and immune system.

Oregano: Tapeworms, parasites.

Parsley: Stimulant, parasites, bladder functions, kidney functions, lungs and thyroid.

Peppermint Leaves: Nausea, chills, headaches and diarrhea.

Pumpkin Seeds: Tape worms-Parasites.

Red Clover: Antibiotic, blood purifier, HIV, cleaning the lungs, valve disorders, liver diseases and for a weakened immune system.

Red Raspberry: Use 5 weeks before delivery of a baby to tone uterus and other organs and as an aid to ease childbirth.

Safflower Powder: Neutralizes uric acid, digestion of the colon and cleanses the blood.

Saw Palmetto: This herb has a good effect on all diseases of the reproductive system. It has been known to enlarge the breasts of under developed females. It benefits all glandular tissue and rids the body of excess mucus from the head, sinus and lungs. For prostate enlargement, some prostrate cancers, diuretic, urinary antiseptic and as a appetite stimulant.

Siberian Ginseng: Strengthens the adrenal-reproduction glands, immune system, stimulates appetite, bronchitis, circulatory problems, diabetes, infertility and for stress, (not to be given to small children because of the high amounts of hormones.)

Slippery Elm: Good for the lungs, urinary tract, mucus membranes and throat. Good nutrient builder and helps the digestive system.

Spirulina: Concentrated source of iron-proteins-amino acids, source of chlorophyll, immune system, pulls sicknesses-toxins- and poisons.

Stinging Nettle: Russians have researched for use in cancer of the prostate with some positive results using the root of the plant. Good for allergies.

White Oak Bark: Good for nasal polyps and as an anti-bacterial.

White Willow Bark: Nature's aspirin performs all functions of aspirin.

Valerian Root: Blood circulation, sedative, mucus from colds, fatigue, blood pressure, irritable bowel syndrome, trace minerals required for body fluids, blood and nerve functions.

Yellow Dock Root: Purifier and cleanser, improves colon-liver functions.

Yucca Root: Arthritis, osteoporosis, blood purification – liver cleanse, helps the body produce its own cortisone.

Nervine Herbs

Blue cohosh: Relaxant

Catnip: Relaxant

Chamomile: Relaxant and for drug withdrawal.

Hops: Calms nerves & nerve disorders.

Melatonin: For sleep disorders, inner clock disorders and SAD Syndrome.

Lobelia tincture: Used for palpitations of the heart, insomnia, hyperactivity, migraines, nerves & pain.

Passion flower: Sedative, nerves, headache and alcoholic withdrawals.

Skullcap: Muscle twitch, neuritis and sleep aid.

Thyme: Alcoholic withdrawal, head aches and hangovers.

Valerian root: Relaxant, nervine.

"Drug Herb" Vitamin Interactions Bible
Author, Richard Harness, Pham, FASCP and Steven Bratman
PDR for Nutritional Supplements, PDR, PO Box 10689, Des Moines, IA 50336
PDR for Herbal Medicines PDR, PO Box 10689, Des Moines, IA 50336
ABC's of the Human Body, Reader's Digest
Anatomy and Physiology made Incredibly Easy, Springhouse corp. Springhouse Penn.

All the information found in this book is for educational purposes only! None of the information is intended for diagnoses, prescriptions or to replace medical advice or treatment.

A Note

Unless you have a license to practice medicine you cannot advise someone to use any drug or herbal product, whatsoever. It is not advised to tell a person to change or discontinue their medication. Remember that Theta-Healers only pray for people. It is the Creator that is the healer!

ThetaHealing Classes

ThetaHealing™ is an energy-healing modality founded by Vianna Stibal, based in Ammon, Idaho with Certified Instructors around the world. The classes and books of ThetaHealing™ are designed as a therapeutic self-help guide to develop the ability of the mind to heal. ThetaHealing™ includes the following books, manuals and classes:

Classes taught by Vianna and Certified ThetaHealing™ Instructors:

- Vianna's DNA2 Course
- Vianna's DNA2 Advanced Course, The Planes of Existence
- Vianna's Intuitive Anatomy Course
- Vianna's Children of the Rainbow Course
- ThetaHealing Manifesting and Abundance Course

Certification Classes taught exclusively by Vianna at the ThetaHealing Institute of Knowledge:

- Vianna's Children of the Rainbow Teachers Course
- Vianna's DNA2 Teachers Course
- Vianna's DNA2 Advanced Teachers Course
- Vianna's Intuitive Anatomy Teachers Course
- ThetaHealing World Relations Course
- DNA 3

Prior Books:

- Go Up and Seek God,
- Go Up and Work With God

Present Books:

- ThetaHealing
- Advanced ThetaHealing
- ThetaHealing Diseases and Disorders

Class Manuals:

- ThetaHealing™ Practitioner Manual
- Vianna's Teacher's Manual
- Vianna's DNA2 Advanced Manual

- Vianna's DNA2 Advanced Teachers Manual
- Vianna's Intuitive Anatomy Manual
- Vianna's Intuitive Anatomy Teachers Manual
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Resources

Dr. Airolas Handbook of Natural Healing - How to Get Well

Shari Lieberman - The Real Vitamin & Mineral Book

PDR Nutritional Supplements

Dr. Stephen Chang - The Great Tao

Everything You Need to Know about Diseases - Springhouse Publishing

Madison Memorial Hospital - Diabetes Self Management Plan

About the Author

Picture 2008

Vianna Stibal is a young grandmother, an artist and a writer. Her natural charisma and compassion for those in need of help have also given her the ability to be titled healer, intuitive and teacher.

After being taught how to connect with the Creator to co-create and facilitate this unique process called ThetaHealing, Vianna knew that she must share this gift with as many people as she could. It was this love and appreciation for the Creator and humankind that allowed her to develop the ability to see clearly into the human body and witness many instantaneous healings.

Her encyclopedic knowledge of the body's systems and deep understanding of the human psyche, based on her own experience as well as the insight given to her by the Creator, makes Vianna the perfect practitioner of this amazing technique. She has successfully worked with such medical challenges as Hepatitis C, Epstein-Barr, AIDS, herpes, tumors, various types of cancers, and many other disorders, diseases and genetic defects.

Vianna knows that the ThetaHealing technique is teachable, but beyond that she knows that it needs to be taught. Vianna conducts seminars all over the world to teach people of all races, beliefs and religions. She has trained teachers and practitioners who are working in fourteen countries, but her work will not stop there! Vianna is committed to spreading this healing paradigm throughout the world.